

CHINESE AURICULAR ACUPUNCTURE

SECOND EDITION



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Skya Abbate

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SOUTHWEST ACUPUNCTURE COLLEGE
SANTA FE, NEW MEXICO, USA



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To all students who study acupuncture—remember the power of the ear to hear, listen, and to heal your patient.

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Foreword

Pursuing an integrated approach to treatment, the practitioner of Chinese medicine must hold a clinical view that extends from a patient's depth to the outermost branch of his or her physical being. The practitioner must be able to touch the aspect of being that, in the context of the moment, will most efficiently help to promote functional balance. Skya Abbate has furthered the ability of practitioners to achieve these ideals by providing a comprehensive survey of ear acupuncture.

Skya's text has the potential to allow the diligent reader to fully integrate treatment of the ear into clinical practice. Based on her many years of study and clinical experience, she illustrates for us the aspects of auricular therapy that she has found to be most effective. But more important, she provides a substantial foundation so we can continue to expand our knowledge of auricular therapy as we gain clinical experience.

Her inclusion of a detailed section on ear diagnosis will allow readers to supplement their assessment of the pulse, tongue, and hara, thus improving our ability to differentiate the functional basis of imbalance and illness. Unlike so many other texts, the ear is not presented as a "black box" whose efficacy is based on some mysterious cause-and-effect relationship to symptoms. Rather than merely providing a list of points and symptoms for the practitioner to learn by rote, Skya explains the theory behind ear treatment in a way that is consistent with Chinese physiology. Her detailed tables and photographs serve as clear aids to help the student grasp whatever point she is illustrating.

Having read *Chinese Auricular Acupuncture*, I was inspired to integrate auricular therapy and diagnosis into my own clinical practice, and I have been very pleased with the results. Skya's book is a gift to any practitioner wishing to extend his or her diagnostic abilities and clinical effectiveness.

Lonny S. Jarrett, M.Ac.

Author of *Nourishing Destiny*

The Inner Tradition of Chinese Medicine

Preface

The purpose of this book is to provide students and practitioners of Oriental medicine with a clear, concise, user-friendly manual on ear acupuncture. Many books abound on this topic, yet in this author's experience they tend to make the study of the ear more complicated than it needs to be. Additionally, most books are not practically oriented for the student or clinician who is interested in an easy-to-do yet efficacious modality. Neither do such books tend to explain auricular medicine within the framework of traditional Oriental energetics that is consistent with the use of the medicine. In this text, the reader is given the opportunity to reduce the necessity for memorization or the need to consult manuals for reference because the method of using ear acupuncture is consonant with the underpinnings of an education in traditional Chinese medicine.

I have practiced ear acupuncture for over 30 years and have taught it for over two decades. This experience allows me to deliver a manual that can be independently studied and easily used to treat the many diseases that characterize the human condition. Ultimately, the simplicity of the paradigm presented and the way it is exposed should allow the reader to see the practical utilization of auricular therapy within the practice of Oriental medicine. In this way one can be weaned from the text because the thought processes of how to locate points, select modalities, construct prescriptions, and apply them to the uniqueness of each person have been carefully organized and outlined. In contrast to many books, I offer only one ear map consistent with Chinese texts that I have studied and the Chinese doctors with whom I studied in Beijing, China, instead of pages and pages of maps and systems. Thus the art of auricular medicine is elegantly simplified.

In addition to this central focus, this book contains other features that distinguish it from comparable texts. Differentiating features include the following:

- Many photos of actual ears illustrate the pathology commonly seen in the ear. This pathology is incorporated into the text in order to teach differentiating ear morphology and diagnosis. A colored centerfold is provided in this new edition to clearly illustrate auricular pathology.
- Most ear modalities (such as needles, press tacks, seeds, etc.) are also pictured to demonstrate treatment tools with which the practitioner may be unfamiliar but might want to learn. Recent modalities are introduced.
- Actual cases from clinical practice are incorporated to illustrate the clinical applicability of specific modalities and ear

acupuncture points. In this edition, a new chapter on prescription-ology practice is included through the study of real case histories that have been tested through clinical experience, and the reader can test his or her assimilation of the material.

- The clinical energetics of the ear points are described in classical Chinese medical terms, so that the practitioner can ascertain how to select ear acupuncture points to correspond with the most common Chinese diagnostic paradigms.
- An extensive and updated bibliography covering approximately 1000 books and journals written over a 40-year period from its publication inception to the present is included and summarized in pertinent places throughout the book.
- A discussion of how to construct ear acupuncture prescriptions is offered and analyzed, so that the practitioner can learn how to construct his own prescriptions and not be dependent upon any text, including this one.

Many prescriptions that I have devised for specific clinical populations are presented and dissected in order to teach the practitioner the thought processes behind ear acupuncture prescription writing. Formulae derived from two internships I did in China are also listed and analyzed for similar purposes.

In the second edition, each chapter is updated with new facts or for a more clear understanding of the material. Additional features apart from the color insert and new research, prescriptions, and case history practice include:

- A digital version of the book
- A handy Contemporary Chinese Ear Map card available on the CRC Web site for quick reference to the ear points
- A PowerPoint presentation to be used by instructors or for student study
- Five new chapters enrich the already tested, well-received material, and deep clinical experience and Chinese medical theory upon which it is based.

The greatest strength of this book is its user friendliness, which equally allows both the beginning student and the experienced practitioner to successfully apply auricular medicine in the treatment of their patients in a caring, relatively noninvasive, and effective manner.

Additional material is available from the CRC Web site at: <http://crcpress.com/product/isbn/9781466579477>

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To Roberta McGrew who assisted in research, the preparation of the PowerPoint presentation, and the Contemporary Chinese Ear Map card available on the CRC Web site.

To my husband, Anthony, for always believing in me.

About the Author

Skya Abbate, M.A., D.O.M., Dipl. Ac., Dipl. C.H., M.P.S., Full Professor, began her career as a medical sociologist serving as a Peace Corps volunteer in Brazil, and then later taught in the Sociology Department of the University of Rhode Island from 1978 to 1981. She holds a B.A. in sociology from Salve Regina College, Newport, Rhode Island, where she graduated summa cum laude and class valedictorian in 1973, and an M.A. in sociology from the University of Rhode Island conferred in 1978. Following pre-med studies at the University of Rhode Island in 1983, Skya studied and graduated from the acupuncture program of the Institute of Traditional Medicine in Santa Fe, New Mexico. She then undertook two advanced clinical training programs with the Academy of Traditional Chinese Medicine in Beijing, China, in 1988 and 1989. She holds a master's degree in pastoral studies (Loyola University, New Orleans, Louisiana, 2012), and is enrolled in the combined master's/Ph.D. program in public health and Catholic bioethics with Loyola University, Chicago.

Skya is a licensed doctor of oriental medicine in the state of New Mexico; and executive director of Southwest Acupuncture College with three campuses in Santa Fe and Albuquerque, New Mexico, and Boulder, Colorado. She is a former president of the New Mexico Association of Acupuncture and Oriental Medicine, and has served for over 6 years as an educational expert and commissioner for the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), the national organization that accredits professional degree programs in Oriental medicine.

Skya is the author of eleven books including:

Beijing: The New Forbidden City (Southwest Acupuncture College Press, Santa Fe, NM, 1991, and Holy Fire Publishing, Goose Creek, SC, 2009).

Holding the Tiger's Tail: An Acupuncture Techniques Manual in the Treatment of Disease (Southwest Acupuncture College Press, Santa Fe, NM, 1996).

The Art of Palpatory Diagnosis in Oriental Medicine (Churchill Livingstone, London, UK, 2001), also published in Italian in 2004 as *Palpazione Diagnostica in Medicina Orientale*.

Chinese Auricular Acupuncture (CRC Press, Boca Raton, FL, 2004).

Advanced Techniques in Oriental Medicine (Thieme, Stuttgart, Germany, 2006).

Bind Each Other's Wounds (Holy Fire Publishing, Goose Creek, SC, 2008).

In her new area of Christian spirituality she is published in eight books:

The Catholic Imagination, Practical Theology for the Liturgical Year (Wipf and Stock, Eugene, OR, 2012).

Incarnation, Daily Poems for Advent (Wipf and Stock, Eugene, OR, 2013).

Creation, a Fish Story (Tau Publishing, Phoenix, AZ, 2013).

Communion, a Desert Story (Tau Publishing, Phoenix, AZ, 2013).

Visitation, a Bird Story (Tau Publishing, Phoenix, AZ, 2013).

Epiphany, an Island Story (Vesuvius Press, Phoenix, AZ, 2014).

Vesper, a Horse Story (Vesuvius Press, Phoenix, AZ, 2014).

Ascension, a Love Story (Vesuvius Press, Phoenix, AZ, 2015).

She has authored over 36 journal articles published in such prestigious journals as the *American Journal of Acupuncture*, the *Journal of Chinese Medicine*, the *New England Journal of Traditional Chinese Medicine*, and *Acupuncture Today* where she served for 6 years as the needle technique columnist.

With over 30 years of private practice, teaching, and writing in Oriental medicine, she is well prepared clinically and didactically to have published her numerous journal articles and books, making her one of the most respected and prolific female writers in Oriental medicine in the Western world. Skya teaches needle technique, diagnosis, and Japanese acupuncture systems at Southwest Acupuncture College.

The Ear

1. The Ear An Ancient Microsystem with Modern Applications

Objectives

- Recognize the role of the ear as an ancient microsystem with modern-day applications for the diagnosis, treatment, prevention, and prognosis of a disease
- Gain a sense of the history and development of ear acupuncture
- Distinguish the applicability of auricular medicine to the treatment of many conditions
- Interpret ear anatomy and physiology from a Chinese and Western perspective

Introduction

Embedded within the rigid curves of the external ear are the powerful ear acupuncture points that correspond to every part of the body. This incredible organ, the first of all our organs to develop embryologically, is not only the vehicle for the perception of sound, and thereby our connection with fellow humans and the larger environment, it is also an instrument that fulfills several other equally astonishing functions in the realm of medicine. Whether small, normal, or large in size and shape, traditional Chinese medicine demonstrates that the ear is an extraordinarily powerful nexus of energy through which the entire body can be treated, because all of the organs and body parts are represented within its concentric folds. This configuration makes it a complete microsystem for the treatment of many human illnesses.

Although most acupuncture practitioners are well aware of the system of ear medicine as a highly effective method for treating illness, they may be less familiar with the power of the ear as a diagnostic tool for the detection of an existing illness—musculoskeletal, organ related, or emotional in nature—or the possible detection of a person's genetic predispositions. This fascinating feature of auricular medicine, a direct product of the reflexive nature of the ear as a microsystem, provides valuable medical insight into the health of the whole person in a way microsystems

of the hand, the foot, the scalp, and the nose do not. Thus, not only can diagnosis and treatment be accomplished through ear acupuncture medicine, but numerous health disorders can be prevented through discernment of the pathology appearing on the surface of the auricle when this pathology is correctly detected and correspondingly treated. Prognosis can be monitored as well. Auricular medicine is versatile, allowing ear treatment to be used successfully either as an independent therapy or in combination with other therapeutic modalities to reinforce the outcome of treatment.

History

In Oriental medical literature, numerous Chinese texts refer to the role of the ear as an instrument for the diagnosis, prognosis, treatment, and prevention of disease. Most of these texts go back to the earliest recorded Chinese body of medical information, wherein they established the connection between the ear and all of the meridians, the *Zang-fu* organs, and the kidney in particular, because the ear is the external manifestation of the kidney. One such reference from the oldest extant Chinese text, the *Neijing* (*The Yellow Emperor's Classic of Internal Medicine*, 500 to 300 B.C.), included the observation that the ear is not an isolated organ but is intimately connected with all the organs of the body, the five viscera, and the six bowels.¹ In the oral inquiry chapter of the *Mystical Gate*, it is stated that the ear is the converging place of the main vessels. Because the ear is connected to every part of the body due to the ceaseless circulation of air (*Qi*) and blood through these meridians and vessels, the ear joins with the body to form a unified inseparable whole.² Later in the *Zhongcangjing* (*The Classic of Central Organs*) from the Sung dynasty (920 to 1279 A.D.) it was written that prognosis could be judged from inspection of the auricle.³

Despite the early mention in Chinese medical literature of the connection of the ear to the rest of the body, it was not until 1957, under the careful aegis of noted French acupuncturist Paul Nogier, that a system of auricular medicine was formalized. Prior to this analysis most Chinese work had been empirical and the Chinese had not published a chart of ear points. Nogier's studies grew out of random observations. In his book the *Treatise of Auriculotherapy*, Nogier established the correspondences between the sensitive points in the auricle and the internal organs of the body, and expounded his view that the points on the auricle were organized in the form of a homunculus

very similar to an inverted fetus, with the head toward the lower lobule, the feet toward the upper rim of the ear, and the body in between.

The Nanking Army in China adopted Nogier's map and through application showed that the concordance between the established medical diagnosis and the auricular diagnosis was 75.2%. Both the diagnostic accuracy and therapeutic value of the inverted fetus ear map were examined in over 2000 clinical cases by the Nanking Army Ear Acupuncture team. They provided significant verification of the somatotopic conceptualization of the ear and discovered some additional points not noted in Nogier's auricular charts.

Terry Oleson, commenting on Nogier's pioneer work said, "It is believed that it was through this German publication that Nogier's inverted fetus map of the ear was ultimately translated into Chinese and formed the basis of Chinese ear charts."⁴ However, once presented with this concept, the Chinese conducted thorough and systematic investigations. It thus was Nogier who elevated ear acupuncture in status within the field of Oriental medicine, and as ear researcher Michael Greenwood so eloquently summarizes, "In a stroke, Nogier transformed ear acupuncture from an esoteric field into a simple and powerful modality."⁵

Since then, various leaders in the field of Oriental medicine have created other ear charts. The chart presented by Bensky and O'Connor in *Acupuncture, A Comprehensive Text* depicts more points than the chart presented in this book. Nogier and the European schools discuss different locations of the points based on various physiological states they may assume. Oleson uses the nervous system as the major explanation for how ear points work the nomenclature of many of his points varies as well. All of these sources are impeccable and can be consulted for added information about the ear. However, I have learned another system and have practiced it exclusively with great success for over two decades, and that is the content of this work.

The map that forms the basis of the location of the ear acupuncture point system presented in this book comes from the scheme of ear point location taught to me by the doctors with whom I studied at the International Training Center of the Academy of Traditional Chinese Medicine in Beijing, China, in 1988 and 1989. It is one chart, almost identical to the ear chart found in *Chinese Acupuncture and Moxibustion*, the primary textbook from China that is used in almost all acupuncture schools throughout the United States and beyond. This chart has been the same since the 1980s when the first version of that book was published. Simply organized, the chart encompasses

most body parts and organ systems, and as such it can be used to treat every condition treatable through the ear with great results.

Of these points, for purposes of simplicity and the clinical frequency with which they are chosen, I present 100 points with their locations and most common clinical functions. The strength of the 100 points of the Chinese ear map that I have adopted and the energetic or physiological actions that pertain to them are that they are easy to learn and use, and can be adapted to treat every condition that is relevant to the application of auricular medicine. They can be mastered easily, especially if one has strong training in the theoretical infrastructure of Oriental medicine.

Anatomy and Physiology of the Ear

The ability of the ear to evoke dramatic changes can be linked to its unique Oriental physiological energetics. The historical references cited at the beginning of this chapter provide some of the physiological rationales for the mechanisms of ear acupuncture. A review of the internal and external pathways of the 12 *Zang-fu* organs also reveals this connection.

According to Western anatomy, the ear as a whole is composed of elastic cartilage, fat, and connective tissue. This composition, in its healthy state, causes the ear to feel firm yet flexible, supple instead of too soft, brittle, or rigid. Because of these normal characteristics, when the ear is palpated on an adult in the physical examination, anything other than firmness and flexibility is regarded as pathological.

From a Western viewpoint and for those who use such an orientation, the innervations of the ear are the leading explanation of how and why auricular therapy works. These nerves have connections with the internal organs and all parts of the body. Many researchers, such as W.E. Spoerel, deduce that the “needling of effective loci and particularly ear needling often causes an instantaneous reduction or disappearance of pain; the speed of this response can only be explained by a mechanism within the nervous system.”⁶

Specifically, the ear stimulates the vagus nerve, represented in the concha. The vagus nerve is the longest cranial nerve and it innervates the lungs, diaphragm, stomach, and intestines. The external ear is the only place on the body where the vagus nerve can be accessed through the skin. Such innervations are highly complex and for purposes of much auriculotherapy formatted from an Oriental viewpoint and expressed in this book, it is not necessary to know the names of the nerves and which ear points they innervate because, in the

system of Chinese ear acupuncture, the mechanism for how it works is primarily explained through the meridian system. The reader can consult Western textbooks on this subject as well as many of the books listed in the bibliography if neurological pathways are an area of further interest. However an understanding of the function of the vagus nerve is essential.

The theory has been advanced that the close proximity of the ear to the brain, and thus the likelihood of nervous mediation, is the reason auriculoacupoints work so well. More than theory supports this interpretation. Peter Hubner writes, “at precisely the same time in embryological development when the spinal cord is forming, within the first 8 to 12 days of mesodermal unfolding, a knob develops within the brain that ultimately becomes the external ear.”⁷ This fact illustrates the close relationship between the ear, the brain, and the nervous system. Hubner also points out that the ear is the first organ to develop to its full size, and becomes fully functional approximately 18 weeks after conception. It is also the first sensory organ to begin working as early as the 8th week *in utero*.

The ear is richly supplied with blood vessels. All of the arteries supplying the auricle come from the external carotid artery. This dense vascularization makes the helix of the ear reddish in hue, and warm. These are normal features found during inspection of the ear. According to medical acupuncturist Joseph Helms, “The vasculature at the auricular points is compressed and more tightly intertwined with myelinated nerve fibers than in the body points.”⁸ This combination of vascularization and innervations in the ear accounts for the strong stimulus obtained in ear acupuncture as well as its faster rate of reactivity compared with body acupuncture points, and thus its valuable clinical utility as a site for treatment.

Oleson explains that pain and disease are learned maladaptive programming. Ear points can induce a reorganization of these brain pathways. Electrical signals from the external ear do not flow directly to the affected part but to the brain and then from the brain down the spinal cord and the spinal nerves to the affected part. Oleson, quoting many studies, writes, “In addition to specific nerve tracts which carry ascending, nociceptive signals to specific brain regions, there is a separate set of descending pathways from the brain which has the ability to inhibit the nociceptive impulses, and thus suppress the perception of pain.”⁹

Additionally, when the ear is stimulated the radial pulse changes by what is termed a “vascular autonomic sign (VAS),” and the pulse is likewise altered. This has been confirmed by Ikesono, who notes the

verification by radial tonometry that “by touching an acupuncture needle on an active auricular acupuncture point, the radial artery over the styloid process changes in tone more prominently than when inactive points on the auricle are touched.”¹⁰

Nogier’s “winching sign” identifies the exact location of the point on the ear with involuntary movement of the legs, arms, or back. Physiologically the ear reflects three pathological stages: the early energetic inflammatory stage; the chronic, intermediate, inflammatory stage; and the chronic degenerative phase. Meridian lines were not applicable in the ear.¹¹

The external ear is more susceptible to infection than other body parts because it is replete with lymphatic vessels that drain into several nodes in the area of the neck. This condition of infection is called auricular chondritis. This anatomical fact is important to keep in mind when treating the ear so that infection does not develop or spread. This can be achieved preventatively by observing strict asepsis of the ear by swabbing the ear with alcohol, using sterile needles, and handwashing.

In summary, both these Western and Chinese anatomical facts and physiological theories offer reasons for the therapeutic effectiveness of the auricle as a site for treatment, and they are not antithetical to each other. Their theories explain, for instance, why effective auricular treatment typically produces a sensation of heat, due to vascularization or *Qi* and blood arrival. The Western categorization of the ear as connective tissue, which is essentially elastic cartilage, and the Chinese notion that healthy ears are supple and not stiff or brittle, are also perfect correspondences.

The Clinical Utility of the Ear for Diagnosis, Prognosis, Treatment, and Prevention of Disease

Ear acupuncture is very effective for those illnesses that are within the realm of Oriental medicine to treat with both body acupuncture and herbs. In over two decades of clinical experience, I have found that the therapeutic effectiveness of ear acupuncture is in the 90% range, and this scope covers a broad spectrum of diseases. Disorders that are most treatable with ear acupuncture include musculoskeletal problems, such as knee, shoulder, and ankle problems; hormonal disorders, such as hot flashes associated with menopause; thyroid disorders and menstrual problems; diseases of the *Zang-fu* organs, such as stomach ulcers, asthma and allergies, and digestive problems.

The ear is an excellent site to treat any problem that has a pain component, such as low back pain, migraines, skin disorders (i.e., dermatitis), and neurological and vascular problems, such as multiple sclerosis and high blood pressure, respectively. Emotional problems such as anxiety can also be treated satisfactorily through this method.

Nogier claims that ear acupuncture has four major successful usages. He purports that the best indication of auriculotherapy is the presence of pain, including extreme cancer pain. It is also useful in the treatment of painful shingles if caught early. It can be employed for emotional problems involving the central nervous system. It makes patients more sensitive to drug therapy by changing metabolism and thereby increasing absorption and elimination, and it can be used to effectively treat addictions.¹² I have found all of these claims to be true.

Summary

Apart from its clinical efficacy, historical roots, and contemporary usage, other features that make employing ear acupuncture a valuable option include the following:

- Auricular medicine is easy to learn and master.
- Ear acupuncture tools are not costly. Regardless of which modality (needles, pellets, etc.) is selected for treatment, the equipment required for ear acupuncture is minimal and relatively inexpensive.
- Ear acupuncture can be used as an exclusive and independent modality, or as an adjunct to therapy to enhance and reinforce treatment initiated through other methods.
- The results obtained from auriculoacupuncture are quick, effective, and time tested, with over a 2500-year history.
- Ear acupuncture is a relatively noninvasive technique that is convenient to the patient in terms of ease of administration and promotes patient compliance through self-treatment.
- Unless it is used inappropriately, ear acupuncture incurs no negative side effects.
- Auricular medicine has a broad range of applicability to numerous clinical conditions, including the diagnosis, prognosis, treatment, and prevention of disease.
- Like body acupuncture, ear acupuncture can be used for the treatment of diseases of the internal organs as well as musculoskeletal and emotional problems. Ear therapy is particularly effective for the treatment of pain, inflammation, and skin disorders, and can treat both acute and chronic disease.

- The ear can be used successfully for virtually every clinical condition, producing at least a 90% success rate.
- Like body acupuncture, if properly applied, the strength of auricular acupuncture is that it stimulates the body to heal itself according to the principles of balancing *Yin* and *Yang* and promoting proper organ function. Ear acupuncture works best when it treats the root over the symptoms. Helmut Kropej reminds us, though, "... regardless of the specific illness with which you are dealing, you must always keep the pathophysiological cause in mind. Only then will you be able to get to the root of the disorder."¹³

These factors should be kept in mind when constructing ear acupuncture prescriptions and proceeding to treatment.

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2. The Anatomical Terminology of Auricular Medicine

Objectives

- Identify the 21 anatomical zones of the ear
- Distinguish the regional anatomy of the ear

Introduction

Adept knowledge of ear anatomy is crucial for precise location of the ear acupuncture points. Like body acupuncture points, the location of auricular acupoints is defined in anatomical language. These definitions give the practitioner a clear roadmap as to where the points are located. This anatomical language is easy to learn and essential if one chooses to utilize the ear frequently in clinical practice. Obviously, correct ear point location is also imperative in order to achieve successful results in treatment.

Clinical Note 1

Various ear maps exist. Ear point locations for the same structure or function are named differently according to the cartography used by the author. To ensure correct clinical application and proper disclosure in research, the practitioner should disclose at the outset the system used.

The functional zones of the ear are formed from embryological tissue. At birth the particular points are located within each ear zone, many of which are found in relation to each other. To facilitate learning these ear points, I have organized the location of 100 common ear points into 21 zones. The practitioner must first learn the anatomical terminology for each zone of the ear. This terminology is presented here and is illustrated in Figure 2.1.

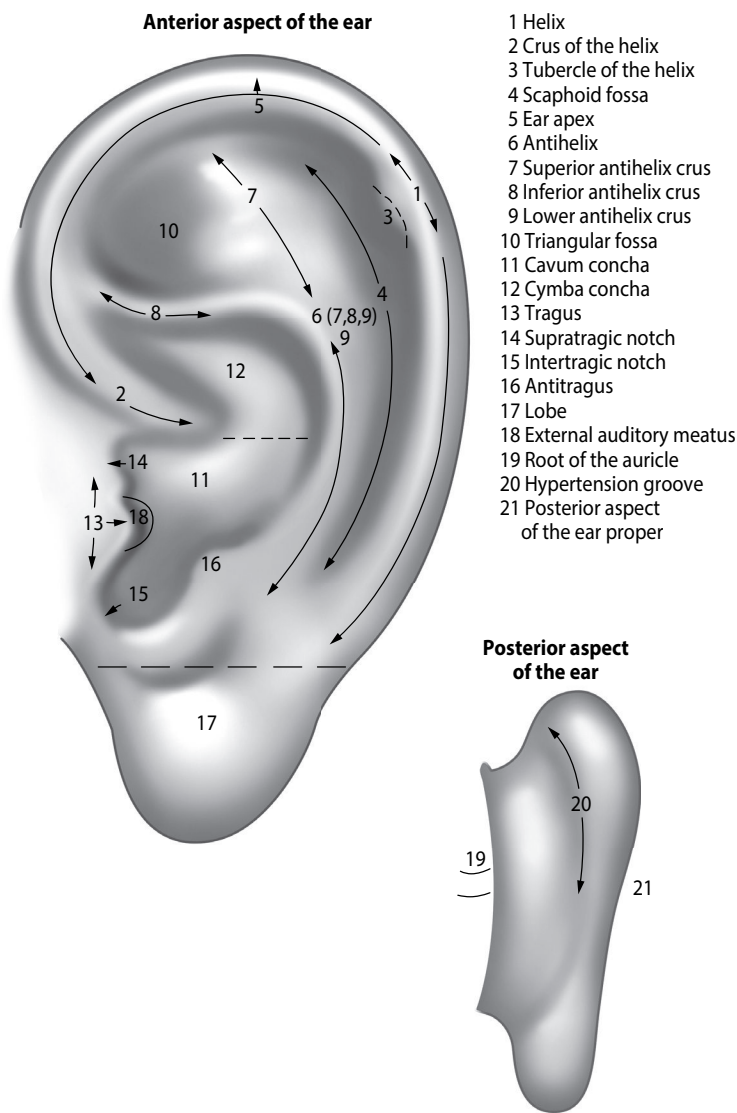


FIGURE 2.1 The anatomy of the ear.

Framework of the Ear

21 Anatomical Structures

The anatomical framework of the ear is made up of 21 structures. To assist in an easy orientation to the anatomy of the ear, the structures are grouped in relation to their parts or proximity to each other.

Anterior Aspect of the Ear

Helix

1. **Helix:** The outermost portion of the auricle consisting of a rim-like structure.
2. **Crus of the helix:** The beginning of the helix. It originates in the cavum concha.
3. **Tubercle of the helix:** A small appendage on the medial border of the outer rim of the helix, approximately at the junction of the upper third and middle two thirds of the helix. The tubercle of the helix is also called Darwin's tubercle.

Many patients have very subtle and relatively undefined tubercles; hence, we must infer where it would be. To do this, divide the length of the ear into thirds. The tubercle is roughly at the junction of the upper third and lower two thirds of the helix. See Figure 2.2 and Figure 2.3 for depictions of a normal pronounced tubercle and a tubercle that is less well defined and needs to be inferred.

4. **Scaphoid fossa:** Fossas are depressions. The scaphoid fossa is the depression between the helix and the antihelix. It is sometimes called the scapha.
5. **Ear apex:** The height of the helix. If you gently fold the ear, the ear apex is located at the top of the helix where the fold occurs.



FIGURE 2.2 A normal tubercle of the helix.



FIGURE 2.3 A less well-defined tubercle.

Antihelix

6. **Antihelix:** The elevated ridge-like structure medial to the helix and running parallel to it. The antihelix and the helix are separated by the scaphoid fossa. The antihelix has three parts.
7. **Superior antihelix crus:** The more lateral, superior branch of the antihelix. It bifurcates off the lower antihelix crus at the Lumbago point (see Chapter 3, point #80 and Figure 3.1).
8. **Inferior antihelix crus:** The more medial, inferior branch of the antihelix. It bifurcates off the lower antihelix crus at the Lumbago point (see Chapter 3, point #80 and Figure 3.1).
9. **Lower antihelix crus:** The lower portion of the antihelix. The inferior and superior antihelix crura bifurcate off the lower antihelix crus.
10. **Triangular fossa:** The triangular depression bordered by the superior and inferior antihelix crura.

Conchas

11. **Cavum concha:** The interior portion of the auricle that has a concave surface. It is separated from the cyma concha by the crus of the helix and lies inferior to the crus of the helix.
12. **Cyma concha:** The interior portion of the auricle that is below the inferior antihelix crus. The cyma concha lies superior to the cavum concha with the crus of the helix dividing them.

Tragus

13. **Tragus:** The small ridge-like flap connected to the lateral portion of the face. The tragus is directly anterior to the external auditory meatus.
14. **Supratragic notch:** The indentation above the tragus.
15. **Intertragic notch:** The indentation below the tragus.
16. **Antitragus:** The bump-like structure at an inferior, diagonal angle to the tragus.
17. **Lobe:** The lowest portion of the auricle. The lower border of the intertragic notch demarcates the lobe's upper border.
18. **External auditory meatus:** The canal medial to the cavum concha, behind the tragus, that conducts sound waves into the inner ear.

Posterior Aspect of the Ear

19. **Root of the auricle (also referred to as the Ear Root):** The depression on the posterior aspect of the ear just above the tendinous flap that connects the auricle to the head.
20. **Hypertension groove:** A groove-like depression formed by the posterior border of the helix. The hypertension groove runs in approximately the upper third of the groove on the posterior aspect of the ear.
21. **Posterior aspect of the ear proper:** The rest of the back of the ear.

Once these 21 structures, and their names, and their locations can be distinguished and articulated one will have a firm foundation for locating the 100 most common ear points presented in this book. Repetitive redrawing of the ear and its parts is an effective way to become familiar with the general shape of the ear and its anatomical parts.

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The Location of 100 Common Ear Points

3. The Location of 100 Common Ear Points

Objective

- To master the 100 common points of the ear by organizing the points within each anatomical zone in relation to each other

Introduction

There are several hundred ear acupuncture points, and more are being discovered through clinical research, or the traditional ones renamed according to diseases. Different authors have different preferred points. The 100 points I favor are those most commonly used in contemporary China and depicted on common ear maps, which I have modified through my own clinical experience. In the two decades plus that I have practiced using the points and charts that comprise this book I have never needed to consult another ear chart to find new points in order to address a diagnosis. The simple Chinese ear map has always met my needs of providing accurate, efficient, and effective health care for my patients.

Almost all anatomical sites, visceral organs, and system parts are represented as a microsystem on the ear. Points are conventionally named according to the organ, body part, or physiological role that they play in the body. If a point is not found on the ear map you can always infer where that point location might be. For instance, if the patient develops a charley horse in his or her calf and there is no calf point in the ear map system, one can predict that the calf point would be midway between the ankle point and the knee point, just as the calf actually is midway between the knee and the ankle on the leg.

Figures 3.1 and 3.2 show the left ear and right ear, respectively. As individuals, patients have variations in auricular size and shape, but the ear parts or zones are present on all ears unless there is a congenital or pathological abnormality or there has been trauma to the ear. Therefore, the points can all be found through a familiarity with the 21 anatomical ear zones. The points vary in size. The larger ones are described as areas.

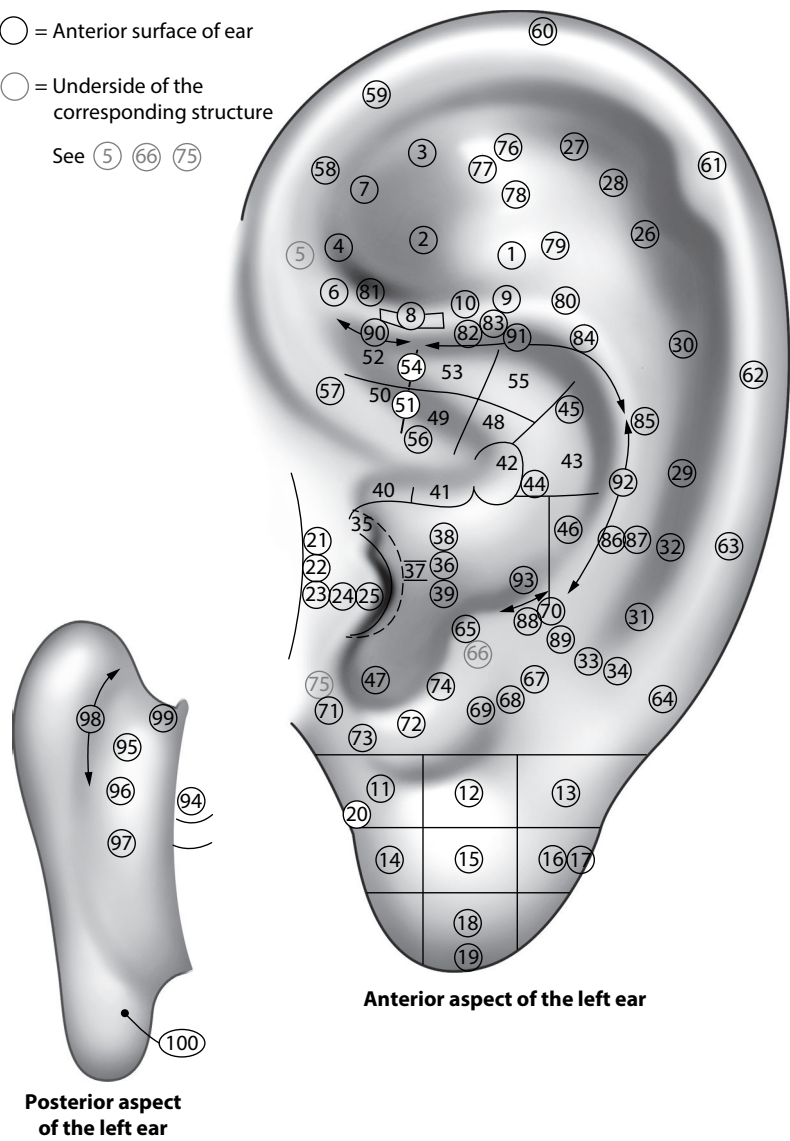


FIGURE 3.1 Contemporary Chinese ear map (left ear).

For clinician convenience, three tables are provided. In Table 3.1, the 100 points are first distributed according to anatomical zone and assigned numbers. These numbers are the same numbers assigned to each point in Figure 3.1 and Figure 3.2. For instance, by looking at this table, the reader can see all of the points that are found in the cavum concha, such as point 36, the Heart.

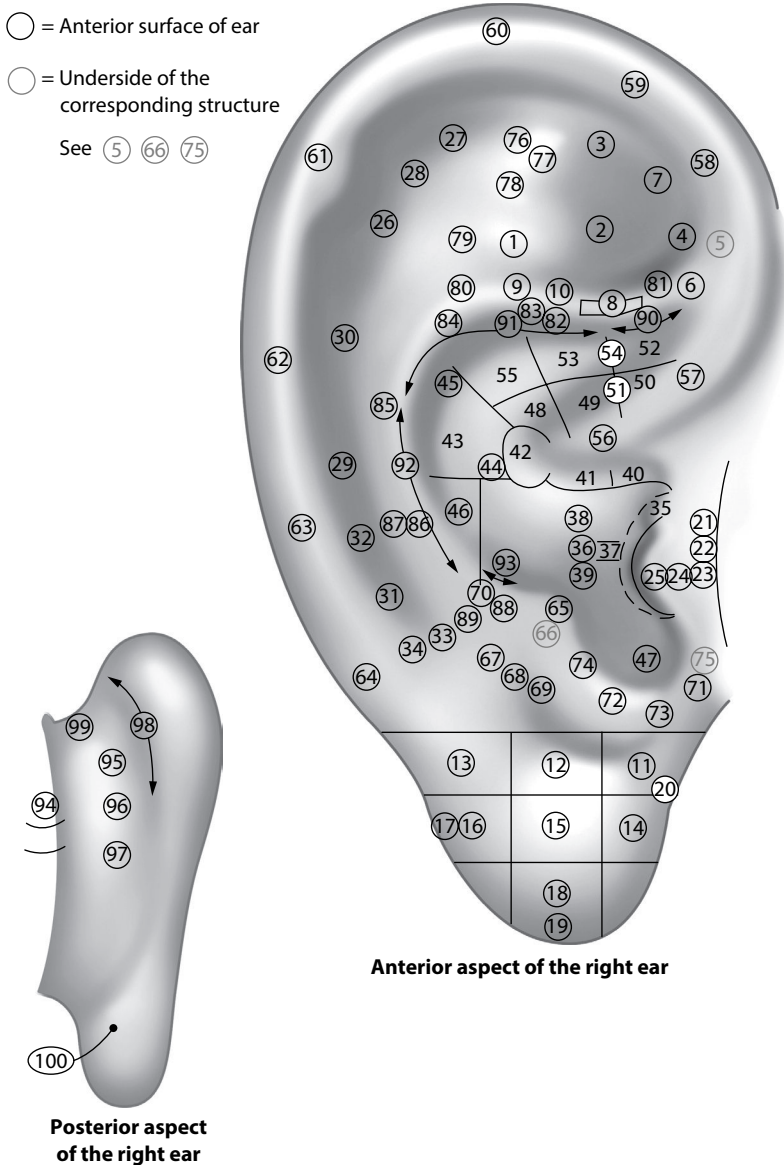


FIGURE 3.2 Ear points of the right ear.

Table 3.2 is a handy alphabetical index of ear acupuncture point names. If looking for the Heart point, for example, simply look it up alphabetically and you can see that it is number 36; it is also found in the cavum concha, which is designated by the prefix H. The H references the cavum concha in the Anatomical Ear Zone Location list.

Table 3.1 Ear Point Location by Number

Points of the Triangular Fossa (G)	
1	<i>Shenmen</i>
2	Stop Wheezing
3	Hypertension
4	Sympathetic 1
5	Sympathetic 2
6	Sympathetic 3
7	Uterus/Prostate
8	Constipation
9	Hepatitis
10	Hip Joint
Points of the Lobe (P)	
11	Upper Teeth
12	Tongue
13	Jaw
14	Lower Teeth
15	Eye
16	Inner Ear
17	Helix 5
18	Tonsil
19	Helix 6
20	Insomnia
Points of the Tragus (J)	
21	Thirst
22	External Nose
23	Hunger
24	Internal Nose
25	Adrenal
Points of the Scaphoid Fossa (O)	
26	Wrist
27	Finger
28	Allergy
29	Shoulder
30	Elbow
31	Clavicle

(Continued)

Table 3.1 (Continued) Ear Point Location by Number

Points of the Scaphoid Fossa (O)	
32	Shoulder Joint
33	Thyroid
34	Nephritis
Points of the Cavum Concha (H)	
35	Mouth
36	Heart
37	Trachea
38	Upper Lung
39	Lower Lung
40	Esophagus
41	Cardiac Sphincter
42	Stomach
43	Liver
44	Hepatitis
45	Relax Muscle
46	Spleen
47	<i>Sanjiao</i>
Points of the Cyma Concha (I)	
48	Duodenum
49	Small Intestine
50	Large Intestine
51	Appendix
52	Bladder
53	Kidney
54	Ureters
55	Pancreas/Gallbladder
Points of the Helix and Crus of Helix (A & B)	
56	Diaphragm
57	Lower Portion of the Rectum
58	Hemorrhoids
59	Common Cold
60	Ear Apex
61	Helix 1

(Continued)

Table 3.1 (Continued) Ear Point Location by Number

Points of the Helix and Crus of Helix (A & B)	
62	Helix 2
63	Helix 3
64	Helix 4
Points of the Antitragus and Intertragic Notch (L & M)	
65	<i>Dingchuan</i>
66	Brain
67	Occiput
68	Temple
69	Forehead
70	Brainstem
71	Eye 1
72	Eye 2
73	Raise Blood Pressure
74	Ovaries/Testes
75	Endocrine
Points of the Superior Antihelix Crus (D)	
76	Toe
77	Heel
78	Ankle
79	Knee
80	Lumbago
Points of the Inferior Antihelix Crus (E)	
81	Sciatic Nerve
82	Ischium
83	Buttocks
Points of the Lower Antihelix Crus (F)	
84	Abdomen
85	Chest
86–87	Mammary Glands
88	Neck
89	Throat and Teeth
90	Sacral Vertebrae
91	Lumbar Vertebrae

(Continued)

Table 3.1 (Continued) Ear Point Location by Number

Points of the Lower Antihelix Crus (F)	
92	Thoracic Vertebrae
93	Cervical Vertebrae
Points on the Back of the Ear (U)	
94	Vagus Root
95	Upper Back
96	Middle Back
97	Lower Back
98	Lower Blood Pressure Groove
99	Superior Root of Ear
100	Spinal Cord 1

Table 3.2 Alphabetical Cross-Reference of Ear Points by Point Name

Anatomical Ear Zone Location		Name of Point	Point #
A.	Helix	Abdomen	F 84
B.	Crus of Helix	Adrenal	J 25
C.	Antihelix	Allergy	O 28
D.	Superior Antihelix Crus	Ankle	D 78
E.	Inferior Antihelix Crus	Appendix	I 51
F.	Lower Antihelix Crus	Bladder	I 52
G.	Triangular Fossa	Brain	M 56
H.	Cavum Concha	Brainstem	M 70
I.	Cymba Concha	Buttocks	D 83
J.	Tragus	Cardiac Sphincter	H 41
K.	Supratragic Notch	Cervical Vertebrae	F 94
L.	Intertragic Notch	Chest	F 85
M.	Antitragus	Clavicle	O 31
N.	Tubercle of the Helix	Common Cold	A 59
O.	Scaphoid Fossa	Constipation	G 8
P.	Lobe	Diaphragm	B 56
Q.	Ear Apex	Dingchuan	M 65
R.	External Auditory Meatus	Duodenum	I 48
S.	Root of the Auricle	Ear Apex	A 60
T.	Hypertension Groove	Elbow	O 30

(Continued)

Table 3.2 (Continued) Alphabetical Cross-Reference of Ear Points by Point Name

Anatomical Ear Zone Location	Name of Point	Point #
U. Posterior aspect of the ear	Endocrine	M 75
	Esophagus	H 40
	External Nose	J 22
	Eye	P 15
	Eye I	M 71
	Eye II	M 72
	Finger	O 27
	Forehead	M 69
	Heart	H 36
	Heel	D 77
	Helix 1	A 61
	Helix 2	A 62
	Helix 3	A 63
	Helix 4	A 64
	Helix 5	P 17
	Helix 6	P 19
	Hemorrhoids	A 58
	Hepatitis	H 44/G 9
	Hip Joint	G 10
	Hunger	J 23
	Hypertension	G 3
	Inner Ear	P 16
	Insomnia	P 20
	Internal Nose	J 24
	Ischium	D 82
	Jaw	P 13
	Kidney	I 53
	Knee	D 79
	Large Intestine	I 50
	Liver	H 43
	Lower Back	S 97
	Lower Blood Pressure Groove	S 98
	Lower Lung	H 39

(Continued)

Table 3.2 (Continued) Alphabetical Cross-Reference of Ear Points by Point Name

Anatomical Ear Zone Location	Name of Point	Point #
	Lower Portion of Rectum	B 57
	Lower Teeth	P 14
	Lumbago	D 80
	Lumbar Vertebrae	F 91
	Mammary Glands	F 86,87
	Middle Back	S 96
	Mouth	H 35
	Neck	F 88
	Nephritis	O 34
	Occiput	M 67
	Ovaries/Testes	M 74
	Pancreas/Gallbladder	I 55
	Raise Blood Pressure	M 73
	Relax Muscle	H 45
	Sacral Vertebrae	F 90
	<i>Sanjiao</i>	H 47
	Sciatic Nerve	D 81
	<i>Shenmen</i>	G 1
	Shoulder	O 29
	Shoulder Joint	O 32
	Small Intestine	I 49
	Spinal Cord I	U 100
	Spleen	H 46
	Stomach	H 42
	Stop Wheezing	G 2
	Superior Root of Ear	U 99
	Sympathetic (1, 2, 3)	G 4,5,6
	Temple	M 68
	Thirst	J 21
	Thoracic Vertebrae	F 93
	Throat and Teeth	F 89
	Thyroid	O 33
	Toe	D 76

(Continued)

Table 3.2 (Continued) Alphabetical Cross-Reference of Ear Points by Point Name

Anatomical Ear Zone Location	Name of Point	Point #
	Tongue	P 12
	Tonsil	P 18
	Trachea	H 37
	Upper Back	U 95
	Upper Lung	H 38
	Upper Teeth	P 11
	Ureters	I 54
	Uterus/Prostate	G 7
	Vagus Root	U 94
	Wrist	O 26

Table 3.3 lists the points within areas of the ear by letter and number. For instance, if you were looking at the ear map and you saw a point on the helix and its number was 58, you could combine that information and use this chart to see that A58 is the Hemorrhoids point.

As a general orientation to the ear, Henry Liu maintains “the external ear is like a dynamic hologram.”¹ That hologram was described by Paul Nogier, who noted that there is a resemblance between the distribution of auricular points and the fetus in an inverted position. For example, the head and its structures are located on the lobe; the organs are found in the conchas; and the toes, heels, and ankles (points of the lower limbs) are in the upper part of the ear. This conceptualization provides us with a basic orientation to the positioning of ear points.

While there is a high degree of correspondence between the point locations of both systems advanced by the Chinese and by Nogier, there are also some differences. Nogier’s system tends to emphasize the organization of the points more by the nervous system than by the meridian system.² He locates some of the points in different places from the Chinese map, such as the heart, kidney, spleen, and adrenal points. His system can be consulted if the reader chooses. However, there are more similarities than differences.

The purpose of this book is not to illustrate or reconcile the differences between the Chinese versus Nogier’s system. My strength and specialty is the particular Chinese ear map and the ability to make ear acupuncture medicine uncomplicated for the practitioner.

Table 3.3 Location Reference by Areas of the Ear

Anatomical Ear Zone Location			
A.	Helix	Hemorrhoids	A 58
B.	Crus of Helix	Common Cold	A 59
C.	Antihelix	Ear Apex	A 60
D.	Superior Antihelix Crus	Helix 1	A 61
E.	Inferior Antihelix Crus	Helix 2	A 62
F.	Lower Antihelix Crus	Helix 3	A 63
G.	Triangular Fossa	Helix 4	A 64
H.	Cavum Concha	Diaphragm	B 56
I.	Cymba Concha	Lower Portion of Rectum	B 77
J.	Tragus	Toe	D 76
K.	Supratragic Notch	Heel	D 77
L.	Intertragic Notch	Ankle	D 78
M.	Antitragus	Knee	D 79
N.	Tubercle of the Helix	Lumbago	D 80
O.	Scaphoid Fossa	Sciatic Nerve	D 81
P.	Lobe	Ischium	D 82
Q.	Ear Apex	Buttocks	D 83
R.	External Auditory Meatus	Abdomen	F 84
S.	Root of the Auricle	Chest	F 85
T.	Hypertension Groove	Mammary Glands	F 86,87
U.	Posterior Aspect of Ear Proper	Neck	F 88
		Throat and Teeth	F 89
		Sacral Vertebrae	F 90
		Lumbar Vertebrae	F 91
		Thoracic Vertebrae	F 93
		Cervical Vertebrae	F 94
		<i>Shenmen</i>	G 1
		Stop Wheezing	G 2
		Hypertension	G 3
		Sympathetic (1, 2, 3)	G 4,5,6
		Uterus/Prostate	G 7
		Constipation	G 8
		Hip Joint	G 9

(Continued)

Table 3.3 (Continued) Location Reference by Areas of the Ear

Anatomical Ear Zone Location	
Mouth	H 35
Heart	H 36
Trachea	H 37
Upper Lung	H 38
Lower Lung	H 39
Esophagus	H 40
Cardiac Sphincter	H 41
Stomach	H 42
Liver	H 43
Hepatitis	H 44/G 10
Relax Muscle	H 45
Spleen	H 46
<i>Sanjiao</i>	H 47
Duodenum	I 48
Small Intestine	I 49
Large Intestine	I 50
Appendix	I 51
Bladder	I 52
Kidney	I 53
Ureters	I 54
Pancreas/Gallbladder	I 55
Thirst	J 21
External Nose	J 22
Hunger	J 23
Internal Nose	J 24
Adrenal	J 25
Brain	M 56
<i>Dingchuan</i>	M 65
Occiput	M 67
Temple	M 68
Forehead	M 69
Brainstem	M 70
Eye I	M 71
Eye II	M 72

(Continued)

Table 3.3 (Continued) Location Reference by Areas of the Ear

Anatomical Ear Zone Location		
	Raise Blood Pressure	M 73
	Ovaries/Testes	M 74
	Endocrine	M 75
	Wrist	O 26
	Finger	O 27
	Allergy	O 28
	Shoulder	O 29
	Elbow	O 30
	Clavicle	O 31
	Shoulder Joint	O 32
	Thyroid	O 33
	Nephritis	O 34
	Upper Teeth	P 11
	Tongue	P 12
	Jaw	P 13
	Lower Teeth	P 14
	Eye	P 15
	Inner Ear	P 16
	Helix 5	P 17
	Tonsil	P 18
	Helix 6	P 19
	Insomnia	P 20
	Vagus Root	U 94
	Upper Back	U 95
	Middle Back	U 96
	Lower Back	U 97
	Lower Blood Pressure Groove	U 98
	Superior Root of Ear	U 99
	Spinal Cord I	U 100

To locate the 100 most common ear points, it is best to begin with *Shenmen* because it the most important point in the ear. Since it is located in the triangular fossa, I start by numbering the points within the triangular fossa. In addition to the point location descriptions, clinical tips for locating some of these points are presented where relevant.

10 Points of the Triangular Fossa (G): Points That Relate to Nervous and Hormonal Regulation and the Pelvic Organs

Location Tip

Locating the Borders of the Triangular Fossa

When one is first learning auricular point location, it is sometimes difficult to perceive the borders of the triangular fossa, especially its upper border. If you do not know the borders of the triangular fossa you cannot locate the points correctly within it. First, remember that the triangular fossa is a depression. Relatively speaking, it is usually a slightly darker hue than the tissue of the superior and inferior antihelix cruras. During pregnancy and menstruation, the triangular fossa is oftentimes a bright red. If the patient has painful periods, it tends to be on the dark side. One of my students had a permanent blue triangular fossa on one side of one ear. When I inquired about it, she said that she was deprived of oxygen at the time of her birth. Interestingly, the Stop Wheezing point pertaining to respiration is in the center of the triangular fossa. The darker the person's skin, the more difficult it may be to see any pathology so look closely and practice observation.

A simple tip that can help with demarcating the triangular fossa's upper border is to gently press the helix of the ear inward in a medial direction. When you do this, the superior antihelix crus becomes more visible and elevated, thus making the triangular fossa's upper border clearly demarcated (Figure 3.3).

1. **Shenmen:** Located in the triangular fossa along the lateral border, superior to the junction of its inferior and superior borders. Place the ear probe in this juncture and then slide superiorly to the intersection. The probe will fall into a small depression; that is the point.
2. **Stop Wheezing:** Located in the deepest point in the center of the triangular fossa. Place the probe roughly in this vicinity. Search by feel with the probe for the depression, which is where the point is located.
3. **Hypertension:** Located in the laterosuperior corner of the triangular fossa.

Note: There are three standard locations of the Sympathetic point. One of them is in the triangular fossa, another is on the posterior border of the helix, and the third is below the triangular fossa.

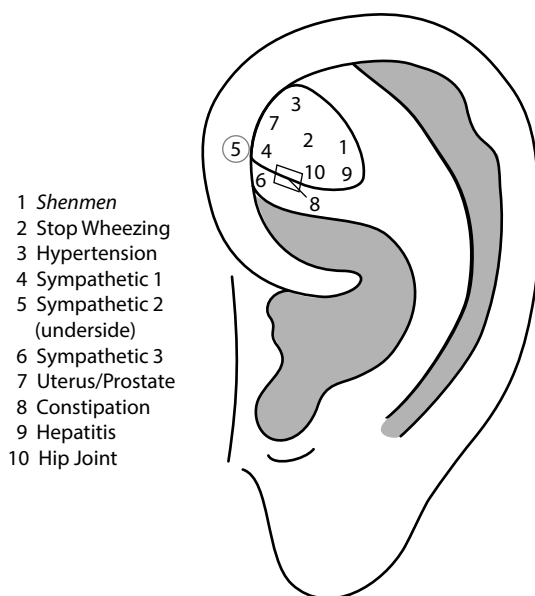


FIGURE 3.3 Points of the triangular fossa (G).

However, I have included the latter two here because they are alternative locations for what I am designating as Sympathetic 1. I have labeled them as follows:

4. **Sympathetic 1:** Located in the medioinferior corner of the triangular fossa.
5. **Sympathetic 2:** Located on the posterior border of the helix, midway between the level of Sympathetic 1 and Sympathetic 3. This is the first of three points on my map that are located on the posterior border of an ear structure.
6. **Sympathetic 3:** Located on the inferior antihelix crus, below Sympathetic 1.
7. **Uterus/Prostate (seminal vesicle):** Located midway between Sympathetic 1 and the Hypertension point.
8. **Constipation:** Located on the inferior border of the triangular fossa. This point is an area equivalent to a rectangular shape. Part of it is along the inferior border of the triangular fossa and part is along the upper portion of the inferior antihelix crus.
9. **Hepatitis:** Located at the junction of the inferior and superior borders of the triangular fossa.
10. **Hip Joint:** Located medial to the Hepatitis point, on the lower border of the triangular fossa.

10 Points of the Lobe (P): Points of the Head and Face

Location Tip

Dividing the Lobe into Sectors

In order to find the points located on the lobe, the upper border of the lobe must be established. Mentally, or using the ear probe as a straight edge, draw a horizontal line across the lobe at the level of the lower border of the intertragic notch that has a lip-like cartilaginous shape to it. It is from there that the horizontal line is drawn and the upper border of the lobe is created.

After locating the upper border of the lobe (see Figure 3.4), divide the lobe into equal thirds vertically and then equal thirds horizontally. This division can be done visually or using an ear probe as a straight edge. Nine sectors are then formed on the lobe (see Figure 3.5). These sectors are universally assigned numbers 1 through 9 as you read from left to right and top to bottom. The points are located in relation to these sectors. Most of these points are defined as “*In the center of the _th sector.*” For example, the Eye point is located in the center of the 5th sector.

- 11. **Upper Teeth:** Located slightly below the center of Sector 1.
- 12. **Tongue:** Located in the center of Sector 2.
- 13. **Jaw:** Located in the center of Sector 3.
- 14. **Lower Teeth:** Located in the center of Sector 4.



FIGURE 3.4 How to locate the upper margin of the lobe.

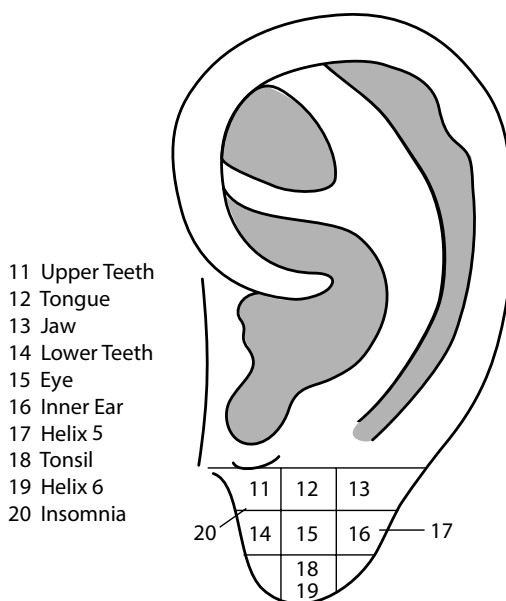


FIGURE 3.5 Points of the lobe (P).

15. **Eye:** Located in the center of Sector 5.
16. **Inner Ear:** Located in the center of Sector 6.
17. **Helix 5:** Located on the lateral border of Sector 6.
18. **Tonsil:** Located in the center of Sector 8.
19. **Helix 6:** Located on the lower margin of Sector 8.
20. **Insomnia:** Located slightly medial to the teeth points (#11 and #14), on the horizontal line dividing the Upper Teeth (#11) and Lower Teeth points (#14).

5 Points of the Tragus (J): Points That Pertain to Hormonal Regulation

Location Tip

The tragus may be made up of one or two lobes. If there are two, they are created by an indentation between the lobes. Many patients have a small tragus, and it may be difficult to see the indentation. Sometimes the patient only has one lobe, hence the practitioner must infer where an indentation would occur. Figure 3.6 shows a well-defined tragus, and Figure 3.7 shows one that is less defined and how to visualize where an indentation would fall.

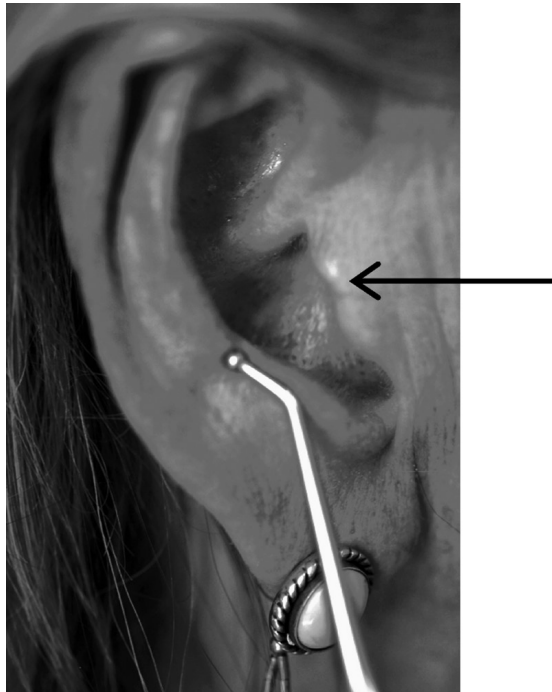


FIGURE 3.6 The arrow denotes a well-defined tragus. The probe is on the groove of the neck point.



FIGURE 3.7 A tragus that is less defined and a visualized indentation.

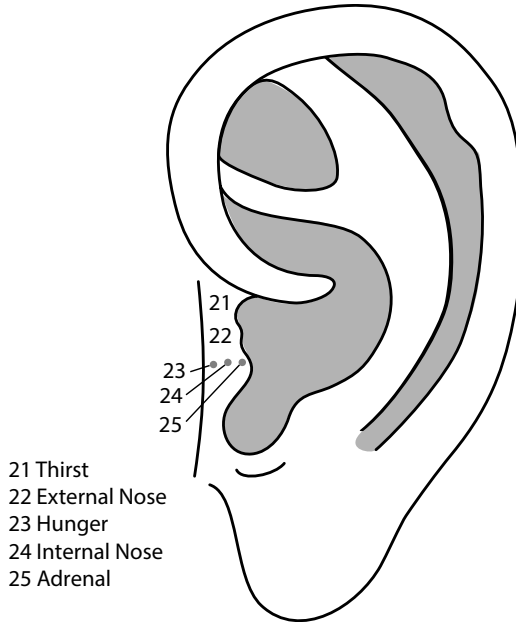


FIGURE 3.8 Points of the tragus (J).

Note: Some texts do not align points 21 to 23. However, the Chinese doctors with whom I studied in Beijing used these locations as I do (Figure 3.8).

21. **Thirst:** Located in the center of the superior portion of the tragus.
22. **External Nose:** Located midway between the Thirst and Hunger points in the center of the tragus.
23. **Hunger:** Located on the lower lobe of the tragus directly below the External Nose point.
24. **Internal Nose:** Located midway between the Hunger and Adrenal points on the lower portion of the tragus.
25. **Adrenal:** Located on the lower portion of the tragus close to its lateral border.

9 Points of the Scaphoid Fossa (O): Points of the Upper Limb

Location Tip

The definition of these points begins with “*Located in the scapha ...*” Most of these points are located in relation to each other, and so it is

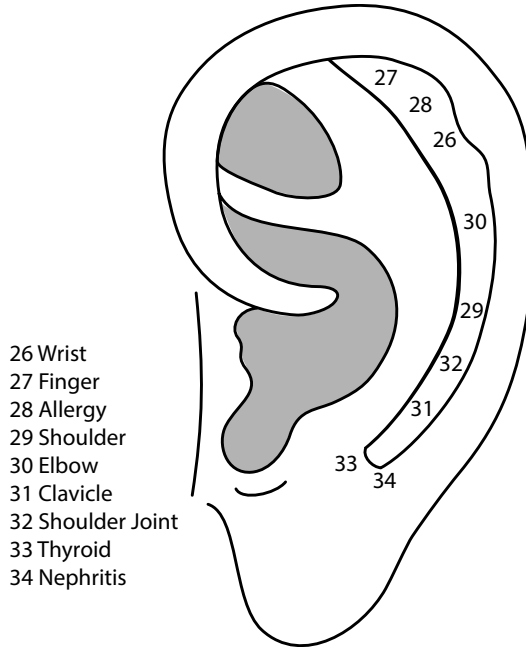


FIGURE 3.9 Points of the scaphoid fossa (O).

necessary to know how to define each point (Figure 3.9). The scaphoid fossa is commonly called the scapha.

26. **Wrist:** Located in the scapha, opposite the tubercle of the helix.
27. **Finger:** Located in the scapha in its uppermost portion. The points are an area versus a single point. I picture this area like the length of extended fingers.
28. **Allergy:** Located in the scapha, midway between the Wrist and Finger points.
29. **Shoulder:** Located in the scapha, level with the crus of the helix. Some texts place this point at the level of the supratragic notch.
30. **Elbow:** Located in the scapha, midway between the Wrist and the Shoulder points.
31. **Clavicle:** Located in the scapha, level with the height of the anti-tragus. Some sources place the Clavicle point level with the notch above the antitragus.
32. **Shoulder Joint:** Located in the scapha midway between the Shoulder and Clavicle points.
33. **Thyroid:** Located on the medial border of the scapha parallel but slightly inferior to the Throat and Teeth point (see point #F 89).

34. **Nephritis:** Located below the Clavicle point at the end of the lateral border of the scapha.

13 Points of the Cavum Concha (H): Organs of the Thoracic Region

See Figure 3.10.

35. **Mouth:** This area curves like a smile to parallel the lateral border of the external auditory meatus.
36. **Heart:** Located at the deepest point of the cavum concha, at the level of the center of the Mouth point. Eyeball this area, put the probe in the cavum concha, and then search with the probe for the deepest point.
37. **Trachea:** A narrow horizontal area that starts at the center of the Mouth point and extends to the Heart point.
38. **Upper Lung:** Located in the depression above the Heart point. Put the ear probe in the Heart point and then slide slightly above it until the probe falls into a depression. The Upper Lung point is in the depression.

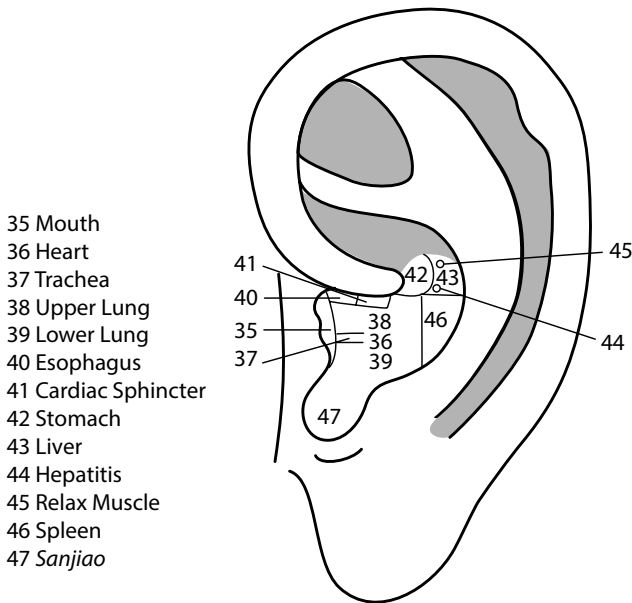


FIGURE 3.10 Points of the cavum concha (H).

39. **Lower Lung:** Located in the depression below the Heart point. Put the probe on the Heart point and then slide slightly below it until the probe falls into a depression. The Lower Lung point is in the depression.
40. **Esophagus:** Take the length of the distance from the upper curvature of the Mouth point to the lateral end of the lower border of the crus of the helix. Divide this distance in half. The most medial half is the Esophagus area.
41. **Cardiac Sphincter:** See the location of point 40. The half that is lateral to the Esophagus area is the Cardiac Sphincter area.
42. **Stomach:** The Stomach point is a round area that begins at the end of the crus of the helix and extends halfway across the distance formed by the end of the crus and the medial border of the lower antihelix crus. Because pathology in the Stomach area can change the shape of the Stomach point (discussed in Chapter 7), we need to know exactly where it ends in order to precisely locate the point. The best way to locate the Stomach point is as follows. Place the ear probe on the Diaphragm point (point #B 56), and then slide off the crus of the helix. The probe will fall into a little notch that can be felt with the probe. That notch is the beginning of the Stomach area. The Stomach area, in the shape of a semicircle, extends halfway across the distance from this notch to the medial border of the lower antihelix crus.
43. **Liver:** The Liver comprises the second half of the distance from the Stomach point to the medial border of the lower antihelix crus. The area is triangular in shape. Its superior border is formed by a 45-degree angle from the upper border of the Stomach point to the medial border of the lower antihelix crus. The Liver's lower border is level with the lower border of the crus of the helix.
44. **Hepatitis:** This point is an area found within the Liver area, close to the lateral curvature of the Stomach.
45. **Relax Muscle:** This point is also within the Liver area. It lies in a roughly circular area below the superior border of the Liver area.
46. **Spleen:** This point is a large area. First locate the midpoint of the lower border of the Liver. Now extend a line vertically downward to where the line intersects with the curvature superior to the antitragus. The area lateral to the line is the Spleen area.
47. **Sanjiao (Triple Warmer):** This point is located in the deepest point of the cavum concha at the level of the intertragic notch. To locate this point, "look" through the intertragic notch as if it were a small window. Then place the ear probe within it and feel for the deepest depression. That is the *Sanjiao* point.

8 Points of the Cymba Concha (I): The Abdominal Organ Points

Location Tip

The points of the cymba concha are located in relation to each other, as are the points of the cavum concha and scaphoid fossa. Each point is located in a sector. Divide the length of the cymba concha horizontally in half following the natural curvature of the cymba concha. Then diagonally divide the cymba concha equally into thirds, as illustrated in Figure 3.11. This produces six sectors in the cymba concha. They are named as Sectors 1, 2, and 3, going from lateral to medial in the lower half of the cymba concha. Sectors 4, 5, and 6 are numbered from medial to lateral in the upper half of the cymba concha.

- 48. **Duodenum:** Located in Sector 1.
- 49. **Small Intestine:** Located in Sector 2.
- 50. **Large Intestine:** Located in Sector 3.
- 51. **Appendix:** Located at the junction of Sectors 2 and 3 between the Small Intestine and the Large Intestine points.
- 52. **Bladder:** Located in Sector 4 directly above the Large Intestine point.

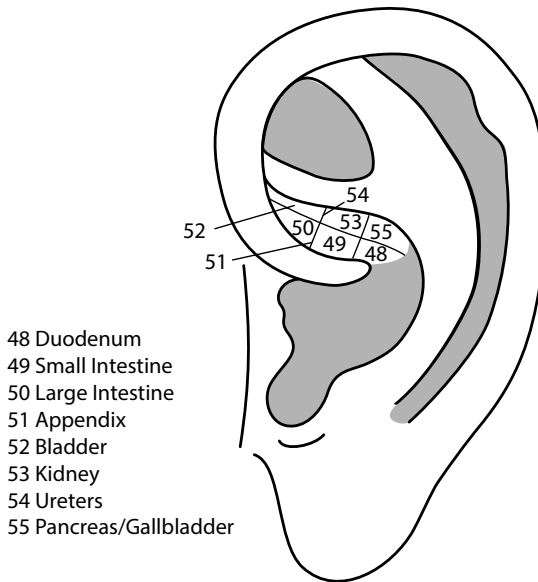


FIGURE 3.11 Points of the cymba concha (I).

53. **Kidney:** Located in Sector 5 directly above the Small Intestine point.
54. **Ureters:** Located at the junction of Sectors 4 and 5 between the Kidney and Bladder points.
55. **Pancreas/Gallbladder:** Located in Sector 6 directly above the Duodenum point. The Chinese say the Gallbladder point is located in the right ear and the Pancreas point in the left ear. Hans Ulrich Hecker makes a further discrimination by maintaining “the head of the pancreas is also projected on the right ear, while the body and the tail are projected on the left.”³ I generally do not make these distinctions, but rather equally treat both the pancreas and the gallbladder through each ear.

9 Points of the Helix (A) and the Crus of the Helix (B): Assorted Points and Points of the Lower Portion of the Body

See Figure 3.12.

56. **Diaphragm:** Located near the lateral edge of the crus of the helix.
57. **Lower Portion of the Rectum:** Located on the helix, roughly parallel to the Large Intestine point.

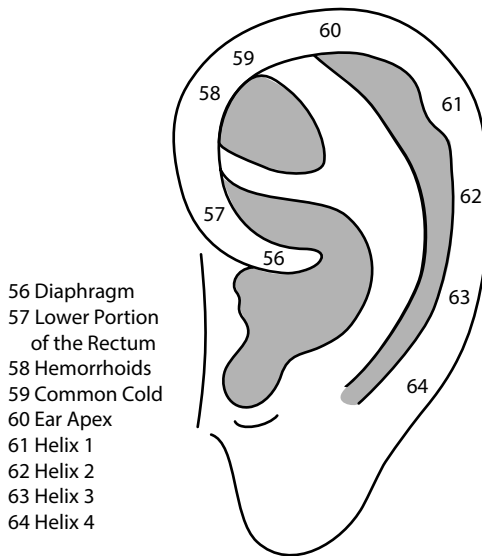


FIGURE 3.12 Points of the helix and crus of the helix (A and B).

58. **Hemorrhoids:** Located on the border of the helix, parallel to the Uterus/Prostate point (#7).
59. **Common Cold:** Located on the border of the helix, parallel to the Hypertension point.
60. **Ear Apex:** The point is at the apex of the helix of the ear. The apex is found by gently folding the helix. Sometimes this point is called by its Chinese name, *Erjian*.
- 61–64. **Helixes 1 to 4:** These points are found by dividing the helix horizontally into six equal parts. (Helixes 5 and 6 have already been numbered as point #17 and point #19, respectively, and discussed under the lobe points.) The first point is on the helix, parallel to the tubercle of the helix, and the sixth point is found in Sector 8 of the lobe. All of the others are found in between those divisions at equal intervals.

11 Points of the Antitragus (M) and Intertragic Notch Area (L): Points of the Head and Brain Regions

See Figure 3.13.

65. **Dingchuan:** Located at the height of the antitragus (not on the anterior surface, but exactly on the top of the antitragus).
66. **Brain (also known as Subcortex):** Located on the posterior wall of the antitragus. Some sources make a distinction between the Brain

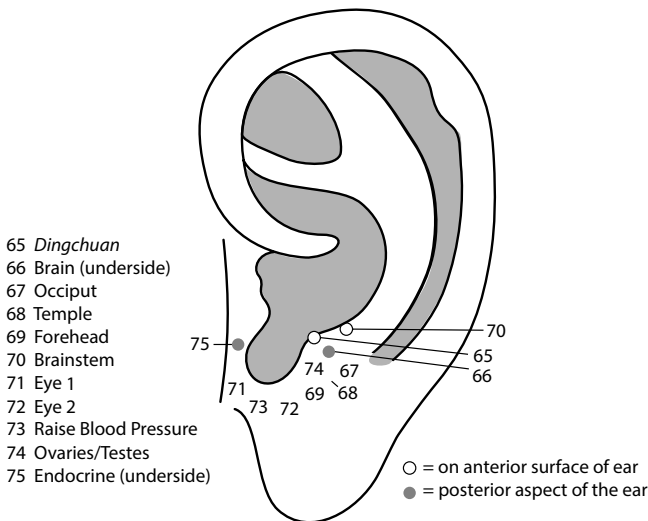


FIGURE 3.13 Points of the antitragus and intertragic notches (L and M).

and the Subcortex; however, I do not. In the former case, they put the Subcortex on the posterior wall of the antitragus, and the Brain midway between the Brainstem point (point #70) and *Dingchuan*. This is the second point on my map that is located on the posterior aspect of an ear part.

- 67–69. **Occiput, Temple, and Forehead:** These three points are found inferior to the antitragus. They run parallel to it on a curve. The most lateral one is Occiput, Temple is in the middle, and Forehead is the most medial.
70. **Brainstem:** This point is located just above the antitragus area, at the intersection of the medial border of the Spleen point with the curvature above the antitragus.
71. **Eye 1:** Located on the medial side of the intertragic notch.
72. **Eye 2:** Located on the lateral side of the intertragic notch.
73. **Raise Blood Pressure:** This point is located below the intertragic notch between Eye 1 and Eye 2.
74. **Ovaries/Testes:** These points are located slightly superior to Eye 2. Some sources locate the Ovary point on the lower medial interior portion of the antitragus.
75. **Endocrine:** This point is located on the medial side of the intertragic notch superior to Eye 1, on the posterior wall of the medial border of the intertragic notch. This is the third and final point on my map that is not on the anterior surface of the ear.

Points of the Antihelix (C)

5 Points of the Superior Antihelix Crus (D):

Points of the Lower Limb

Location Tip

Toe, heel, and ankle—these three points are most easily located in relation to each other. In looking at the left ear of a person, these points form an inverted L (Figure 3.14).

76. **Toe:** The most lateral point, found where the inverted L begins.
77. **Heel:** Located at the junction of the two strokes that form the L.
78. **Ankle:** Located inferior to the Heel point where the inverted L ends.
79. **Knee:** This is an area superior to where the superior antihelix crus intersects with the inferior antihelix crus.
80. **Lumbago:** This point is found exactly at the intersection of the superior and inferior antihelix crura.

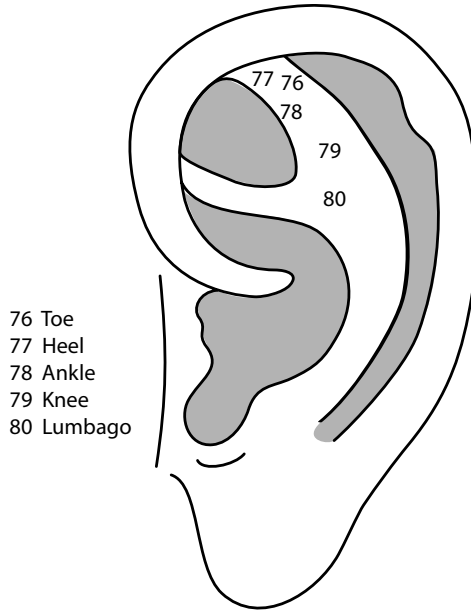


FIGURE 3.14 Points of the superior antihelix crus (D).

3 Points of the Inferior Antihelix Crus (E): Points of the Lower Limb

See Figure 3.15.

81. **Sciatic Nerve:** Located at the medial end of the inferior antihelix crus.
82. **Ischium:** Located just below the triangular fossa in the inferior antihelix crus, slightly medial to the Buttocks point.
83. **Buttocks:** Located just below the triangular fossa in the inferior antihelix crus, slightly lateral to the Ischium point.

10 Points of the Lower Antihelix Crus (F): Thoracic Cavity

See Figure 3.16.

84. **Abdomen:** This is an area on the lower antihelix crus roughly parallel to the Liver and Pancreas/Gallbladder points (Figure 3.16).
85. **Chest:** This is an area in the lower antihelix crus parallel to the Stomach point. Some sources describe the Chest point as level with the supratragic notch.

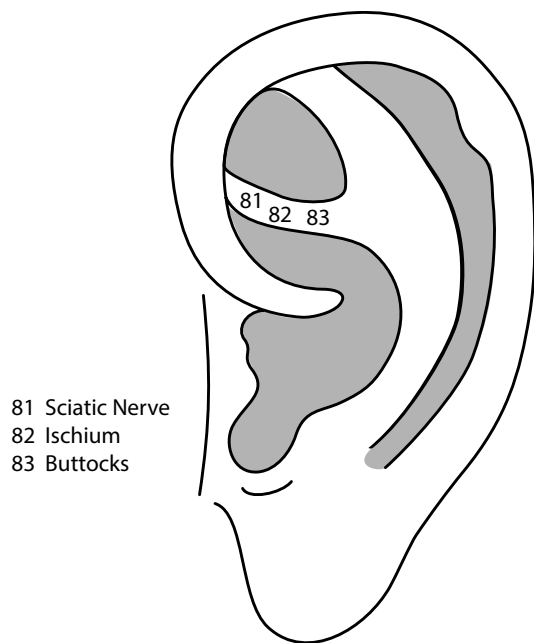


FIGURE 3.15 Points of the inferior antihelix crus (E).

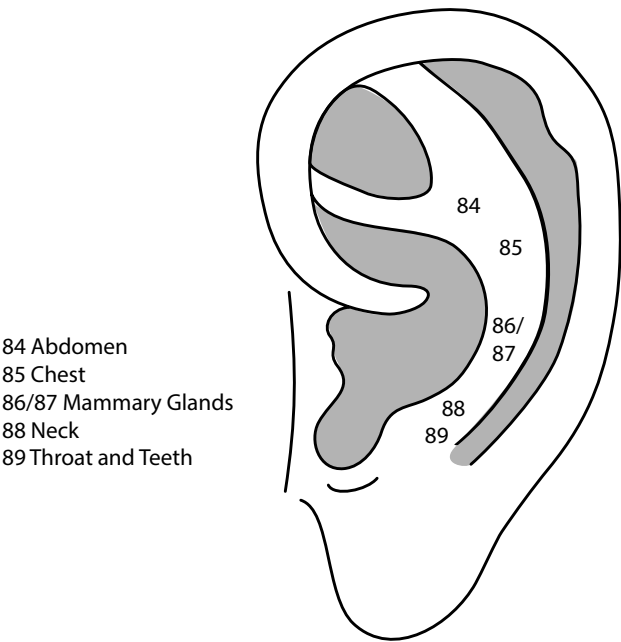


FIGURE 3.16 Points of the lower antihelix crus (F).

- 86–87. **Mammary Points:** Located below the Chest area, parallel to the center of the Spleen point. There are two mammary points; they are positioned side by side.
88. **Neck:** Located on the lower antihelix crus, parallel to the curvature of the antihelix, above the antitragus.
89. **Throat and Teeth:** Located below the Neck point, slightly above the Occiput point.

Location Tip 1

The spinal points are found along the spine of the ear (or the medial edge of the inferior and lower antihelix crura). See Figure 3.17.

90. **Sacral Vertebrae:** This is an area that extends from the most medial portion of the inferior antihelix crus about parallel to the end of the Bladder point.
91. **Lumbar Vertebrae:** This vertebral segment extends from the end of the Sacral vertebrae to roughly parallel to the middle of the Liver area.
92. **Thoracic Vertebrae:** This segment goes from the end of the Lumbar vertebrae to just above the curvature of the lower antihelix crus.
93. **Cervical Vertebrae:** This portion extends from the end of the Thoracic vertebrae to the end of the curvature of the lower antihelix crus.

Location Tip 2

Some sources recommend locating the vertebral points in the following way. Draw a line from the lower portion of the Rectum point (#57) to where it intersects with the antihelix. The area superior to the line is the lumbosacral area. Draw a line. The area superior to it is the Thoracic area and the area beneath it is the Cervical area.

7 Points on the Back of the Ear (U): Vagus Nerve, Blood Pressure, Back Pain, and Brain Function (Figure 3.18)

94. **Vagus:** Located in the depression just above the ear root (where the ear attaches to the head, above the tendon). To locate the point, gently pull the ear laterally. This will isolate the tendon to assist in locating the point. The point is in the depression above the tendon. Sometimes this point is called by its Chinese name, *Ermigan*.
- 95–97. **Upper Back, Middle Back, and Lower Back:** These three points are located along the spiny middle portion of the back of the ear. According to *Chinese Acupuncture and Moxibustion*, the Upper Back

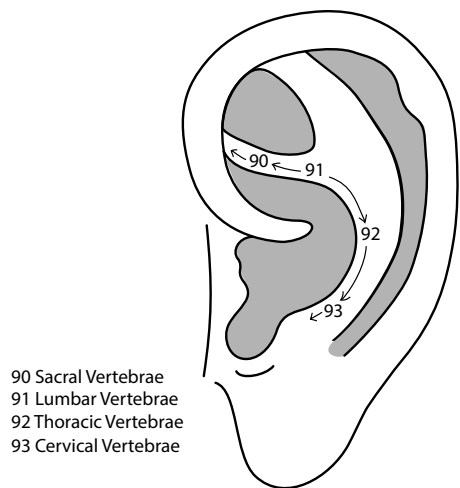


FIGURE 3.17 The vertebral points.

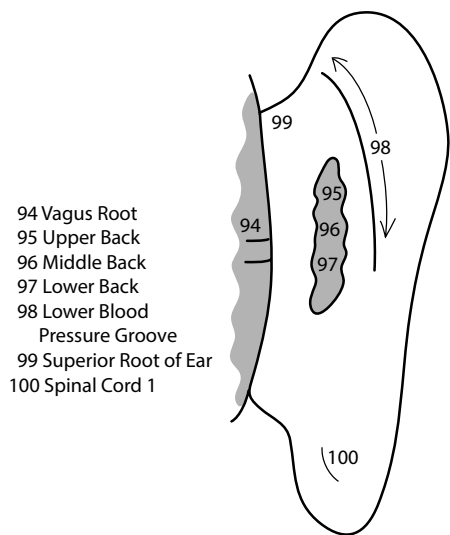


FIGURE 3.18 Points on the posterior aspect of the ear.

point is on top, the Middle Back point is in the middle, and the Lower Back point is on the bottom. However, according to Bensky and O'Connor in *Acupuncture, A Comprehensive Text*, the Lower Back is on the top, the Middle Back is in the middle, and the Upper Back is found inferiorly. The reader is encouraged to experiment with these locations and to gain his or her own clinical experience. I prefer the locations of *Chinese Acupuncture and Moxibustion*.

98. **Lower Blood Pressure Groove:** A groove-like depression on the back of the ear formed by the posterior border of the helix. It runs approximately the length of the upper third of the groove.
99. **Superior Root of the Ear:** Located on the posterior aspect of the ear at the intersection of the superior part of the auricle with the face.
100. **Spinal Cord 1:** Located on the posterior aspect of the ear at the superior border of the inferior annicular root.

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4. The Clinical Energetics of the Ear Points

Objectives

- Identify the criteria for ear acupuncture point selection in a treatment
- Recognize the primary energetics of the 100 most common points of the ear, consistent with the criteria for point selection

Introduction

Each ear point has numerous clinical applications. The clinical energetics described in this chapter are the physiological functions of those points that are traditionally recognized as consistent with Oriental medical theory. They are augmented with the thoughts of various ear acupuncture experts where relevant. These are the identical energetics that I have found effective in treating a wide variety of human illnesses. Because of the number of possible human health disorders, it is not possible to list all the potential clinical usages of each point, nor is it necessary to do so. Each practitioner is encouraged to study these energetics so that he or she too can deduce any additional indications that might be feasible based upon his or her understanding of Oriental medicine functions and the criteria for point selection as described. This deduction process likewise frees the practitioner from the memorization of point usage and an overreliance upon consulting texts in order to be an efficient practitioner. The practitioner is encouraged to test his or her own hypotheses concerning the use of ear points as well, in order to gain clinical experience.

In auricular acupuncture, as well as in body acupuncture, points have many parameters for selection. How to construct ear prescriptions is covered in depth in Chapter 8, and prescription practice is provided in Chapter 12. For now, to gain a sense of ear point selection, points can be selected based upon the following criteria:

1. Western anatomical equivalent (i.e., the diseased area, organ, body part, or system)—For example, one of the Lung points could be chosen to treat a physical problem with the anatomical organ of the Lungs, such as constricted bronchioles.

2. Western physiological counterpart—A Lung point could also be selected for a physiological problem of the Lung, such as edema of the Lungs.
3. Anatomical equivalent in Oriental medicine—In Oriental medicine, the Lung point is useful for an anatomical Lung problem, such as inflammation due to allergens or pollutants.
4. Physiological equivalent in Oriental medicine—An Oriental physiological Lung problem, such as failure of the Lungs to descend and disperse the fluids, is treated through the Lung points.
5. Known clinical efficacy (i.e., as in the case of clinical points derived from clinical practice and research)—The Lung points, for instance, are clinically effective points in the treatment of Stomach ulcers because the Lungs dominate the mucous membranes. Ulcers are perforations of an organ's lining that consist of mucous membranes.
6. Observation of morphological or pathological changes (i.e., pore-like depressions, creases, ridges, red areas, etc.)—Red petechiae on a Lung point indicate Heat in the Lungs. Lung points can treat this problem.
7. Internal and external meridian pathways as well as other Oriental diagnostic paradigms that the practitioner may use (i.e., Five Elements, Triple Burner, Four Levels, Six Divisions, Three Treasures). For instance, certain shoulder problems can be treated through Lung points because the Lung meridian passes through the supraclavicular region of the shoulder area.

This guide assists the practitioner in thinking beyond merely selecting points based upon a simple anatomical equivalent of where the problem resides.

Oriental medicine's strength lies in its rich theory to meet the challenges of diagnosing and treating illness. Thoroughness, sensitivity, and creativity on the part of the practitioner in point selection enhance its effectiveness. For instance, most illness can be categorized according to Chinese medical theory under the 12 *Zang-fu* organs (some say 11 *Zang-fu* since the Pericardium is considered to be part of the Heart system). Hence, each organ can be the source of thousands of diseases. The ear points then have a wide range of clinical applicability that supersedes their Western equivalent organ or body part.

Because most points in the ear are named either according to a body part (i.e., Shoulder point), or according to an organ in a body system such as the Stomach point, this simple nomenclature has allowed other healthcare providers, such as allopathic doctors, chiropractors,

and researchers, to employ the ear diagnostically, therapeutically, and in research. However, without deeper understanding of Oriental medical theory, research studies about the clinical utility of an ear point can be flawed. For instance, in a scientific study that is designed to establish the relationship of one variable to another, a conclusion may be drawn that “X” point does not help in the treatment of a particular disease “Y” and, therefore, ear acupuncture is not effective in the treatment of that disorder. The “X” point may be the wrong point associated with the most effective treatment of the condition because Oriental medicine does not treat diseases but rather patterns of disharmony. As an example, there are numerous differentiations of high blood pressure. The Spleen point, which could be useful for hypertension due to Dampness, may have no relevance to hypertension due to Liver *Yang* Rising. Because Western medicine does not differentiate a pattern a conclusion could be drawn that the Spleen point is ineffective in the treatment of hypertension.

As another example, the Stomach point can help in the treatment of Stomach ulcers because the Stomach point focuses the treatment in the area of the Stomach. However, Lung points are critical to the treatment of Stomach ulcers because the Lung dominates mucus membranes, and ulcers are a problem of erosion of the mucous membranes of the Stomach. The choice of Lung points for the treatment of Stomach ulcers is based on an appreciation of the Oriental physiological role of the Lungs. The treatment of Stomach ulcers is greatly enhanced through the addition of the Lung point. A Western study could conclude that ulcers are not effectively treated through ear acupuncture if the Lung point is not chosen.

Clinical Note 1

A critical point to realize is that the ear points work differently from the body acupuncture points. While the body acupuncture points are organized along meridians, the ear points and the physiological realms that they control are mediated directly by the brain. The electrical signals from the external ear do not flow directly to the affected body part but to the brain. From there they travel down the spinal cord and the spinal nerves to the affected areas. As a result they work faster as is clinically demonstrated, and have a strong effect upon pain perception, moods such as generalized anxiety, depression, obsessive worry and agitation, along with regulating glandular function, the mind, metabolic functions, and relaxation.

Pain and disease are learned maladaptive programming. Both ear and body acupuncture points can serve to induce a reorganization of these brain pathways. Auricular acupuncture is substantially different from physiological responses produced by body acupuncture. In my experience the ear works faster and the results are more long lasting.

Points of the Triangular Fossa

1. *Shenmen*: I tend to think of ear *Shenmen* (translated as Spirit Gate) as energetically equivalent to Heart 7, *Shenmen*, in the body. In Oriental medicine, the Spirit is stored in the Heart. Like Heart 7, the Earth point of the Heart meridian, ear *Shenmen* has similar energetics in terms of grounding, balancing, and anchoring the Spirit. Therefore, *Shenmen* quiets the Heart, calms the Spirit, and puts the patient into a state of receptivity for treatment. Because of these energetics, *Shenmen* should be the first point treated in the ear for almost every ear prescription, with exceptions explored later in the discussion of *Shenmen*. Nogier calls *Shenmen* the God point. *Shenmen* enhances the vital forces of *Qi* and Blood.

In Oriental medicine, the Heart dominates the mind and *Shenmen* fulfills this function. *Shenmen* can be used to treat those problems pertaining to the Heart in Oriental medicine, such as insomnia, dream-disturbed sleep, palpitations, tightness in the chest, angina, and memory and concentration problems. Any Heart problem from either a Western or an Oriental perspective, with the exception of the contraindicated conditions discussed later, benefits from treatment with *Shenmen*. Because of this connection to the mind, *Shenmen* is also a major point used in detoxification protocols for the symptoms of addiction withdrawal, such as restlessness and anxiety and the treatment of anxiety in general. “*Shenmen* has consistently been found as a core point in weight loss protocols for the same reasons.”¹ Anxiety and restlessness are common symptoms associated with the process of weight loss.

Shenmen is also a primary point for pain treatment. The *Neijing*, the *Yellow Emperor's Classic of Internal Medicine* (500 to 300 B.C.) says, “When the Heart is serene, all pain is negligible.” It should be an integral point in any pain prescription, and indeed can function in this way. It is often the key point in a pain management plan.

Because the Heart in Oriental medicine is connected to the eye system by way of its internal pathway, *Shenmen* is of benefit in the treatment of ophthalmological diseases such as ocular myasthenia and congenital nystagmus and common eye disorders.

Shenmen is a primary point to reduce excess heat or inflammation. As such, it is a major point used to stop skin itching or break-outs that are often attributed to Heat in the Heart or Heat in the Blood, because the Heart dominates the Blood.

Clinical Note 2

The doctors with whom I studied in Beijing claim that the only contraindications for *Shenmen* are congestive heart failure and bronchitis characterized by excess phlegm, not phlegm or Dampness that may be part of other health disorders. The reason *Shenmen* is contraindicated for these conditions is because as a point with Earth energetics like body *Shenmen*, it can have a dampening effect. Stimulating *Shenmen* adds Dampness to these already serious illnesses characterized by Damp. Therefore, the above conditions could become exacerbated and even more life threatening if *Shenmen* is used. Because of these cautions, I have not used *Shenmen* in the ear to treat congestive heart failure or bronchitis with excess phlegm, but have selected other points for treatment with as much success as can be expected for these complicated problems. In my opinion it would be negligent to ignore those admonitions from ones who are more knowledgeable than myself where there could be a possible risk to the health of the patient. There are always other points that can be chosen.

2. Stop Wheezing: This is a primary point for the treatment of wheezing that accompanies asthma, bronchitis, emphysema, and other respiratory or cardiovascular conditions. The Stop Wheezing point is especially effective when combined with the *Dingchuan* point in the ear, which also stops wheezing, and any of the Sympathetic points, which increase vasodilation and, thus, improve respiration.
3. Hypertension: The Hypertension is an effective point to lower high blood pressure. If the variety of hypertension is due to *Yang* rising with True Heat manifestations versus hypertension due to several other etiologies, bleeding the Hypertension point is particularly effective. The Hypertension point works synergistically with the

ear points *Shenmen*, Liver, Heart, and the Lower Blood Pressure Groove to reduce high blood pressure. The Hypertension point is also called the Relaxation point or the Decreased Pressure point.

Clinical Note 3

Hypertension has five differentiations, so use the point according to the pattern differentiation. These patterns are Liver *Yang* Rising With Fire, Kidney *Yin* and *Yang* Deficiency, Damp/Phlegm, Liver *Yin* Deficiency with Liver *Yang* Rising, and Interior Movement of Liver Wind.

- 4–6. Sympathetic: Sympathetic is another point like *Shenmen* used to treat multiple conditions. It is directly related to the regulation of the nervous system. It is sometimes referred to as the Autonomic point.

The autonomic nervous system is made up of sympathetic and parasympathetic branches. Joseph Helms writes that the auricle displays the only external manifestation of the vagus nerve and thereby allows access to the functions of the autonomic nervous system.² The vagus nerve connects with the larynx, bronchii, heart, pancreas, liver, kidneys, and intestines. It exerts a direct influence on the regulation of stress.

The sympathetic branch corresponds to stress, flight, and fright reactions. Thus, the Sympathetic point when tonified stimulates the dilation of the blood vessels.

Because of this ability, it is considered a primary point for pain since certain types of pain, such as fixed, stabbing, boring pain, in Oriental medicine is considered caused by constriction or Blood Stagnation, which results in pain. See Appendix C for a detailed chart of pain differentiation.

The parasympathetic branch of the autonomic nervous system governs everyday organ functioning. When the sympathetic branch is dominant, the parasympathetic branch is suppressed. Stimulating the Sympathetic point will assist in balancing both branches of the nervous system. Stimulation of this point causes the *Qi* (energy) to irrigate the cerebral meninges so that the point can be used to treat shock, trauma, and any nervous system disorder.

7. Uterus/Prostate (Seminal Vesicle): This point can be used for all types of reproductive problems in both genders. Gynecological disorders, such as dysmenorrhea, amenorrhea, pelvic inflammatory disease, uterine cysts, fibroid tumors, and infertility, are treated

with this point and we should call it the Uterus point when women are treated. For men, this point can be used to relieve swelling or contracture of the scrotum, and for testicular pain and prostate problems. In this case refer to the point as the Prostate point. Even though it is the same point location, gender appropriate reference should be made.

Clinical Note 4

The Uterus is a forbidden point in pregnancy and may lead to spontaneous miscarriage. Use of that point should be avoided, as should all auricular acupuncture during pregnancy.

8. Constipation: This point as an area can relieve constipation and impacted stools. It can be used to manage diverticulitis, diverticulosis, and sluggish bowels.
9. Hepatitis: This is one of several hepatitis points found in the ear, including point H 44. The Hepatitis point helps with the treatment of hepatitis when used along with the Liver, Spleen, and other points based upon your diagnosis.
10. Hip Joint: This point effectively relieves hip joint pain due to various etiologies.

Points of the Lobe

11. Upper Tooth: This point can be used for dull, persistent, or painful toothache of the upper teeth. When stimulated with an electrical apparatus, the Upper Tooth point can be used to anesthetize the upper teeth.
12. Tongue: This point treats diseases of the tongue, such as tongue ulcerations or fissures, speech problems involving the tongue, such as aphasia, dysphasia, stuttering, or a deviated tongue that may be a sequel to or result of stroke.
13. Jaw: This point can be used for problems with the jaw, such as clicking, temporomandibular joint syndrome, and an aching or dislocated jaw.
14. Lower Tooth: Similar to the Upper Tooth point, the Lower Tooth point treats the lower teeth. The Lower Tooth point can also be used as part of an acupuncture anesthesia protocol with electrical stimulation for lower tooth problems.
15. Eye: In the ear, this is the primary point to treat problems of the eye, such as decreased nighttime vision, eyestrain, declining vision,

myopia, presbyopia, eye twitching, and many other ophthalmological disorders. The Eye point is especially effective when combined with other ear points, such as Eye 1 and 2, Brain, Heart, Liver, Spleen, *Shenmen* whose energetics also relate to the health of the eye, and Occiput since the visual cortex is located in the occipital region. In China, the Eye point is used to treat teenage myopia with good success.

16. Inner Ear: This point is for problems of the inner ear, such as impaired hearing, tinnitus, Ménière's syndrome, problems of balance, and motion sickness such as vertigo, seasickness, and inner ear infection. The energetics of Inner Ear are similar to the body acupuncture point, Pericardium 6 (*Neiguan*) in regard to balance.
17. Helix 5: Like all the Helix points, Helix 5 enhances immunity.
18. Tonsil: The Tonsil points pertain to tonsillar tissue, especially the palatine tonsils in the throat, which ward off infection. Tonsil can be used to treat tonsillitis.
19. Helix 6: The energetics of Helix 6 are similar to point #17, Helix 5 (see above along with the other Helix points 1–4 with locations 61, 62, 63, and 64 in this text.)
20. Insomnia: Insomnia can promote sleep if the point is rubbed gently.

Clinical Note 5

The insomnia point may have the opposite effect if stimulated too vigorously.

Points of the Tragus

21. Thirst: The Thirst point can regulate thirst whether if it is excessive or insufficient. The Thirst point is commonly used in weight loss protocols to reduce fluid consumption.
22. External Nose: Primarily used for problems on the exterior of the nose; External Nose treats acne, broken blood vessels of the nose, and rhinitis.
23. Hunger: Depending upon which acupuncture technique is used, the Hunger point can reduce or stimulate hunger. Hunger is traditionally used as part of weight loss or stop smoking protocols where there is a tendency to satisfy oral cravings by eating or smoking.
24. Internal Nose: Internal Nose, as its name implies, treats problems such as runny nose, stuffy nose, sinus pressure, maxillary sinusitis, polyps, and bloody nose.

25. **Adrenal:** The Adrenal point is a major point for treating shock, pulselessness, asthma, hypotension, stress, infection, inflammation, and trauma. The Adrenal point regulates adrenal hormones and treats cough and shortness of breath due to adrenal insufficiency. It can be used for any disturbing sensations.

Points of the Scaphoid Fossa

26. **Wrist:** This point treats wrist problems, such as arthritis, sprains, strains or breaks, contracture of the wrist, and carpal tunnel syndrome.
27. **Fingers:** This point can be treated for spasm, contracture, swelling, and arthritis of the fingers as well as other problems of the fingers.
28. **Allergy:** The Allergy point can be used for various allergies, such as respiratory or food allergies, multiple chemical sensitivities, or for patients with weakened immune systems. Some practitioners locate the Allergy point on the underside of the ear apex.
29. **Shoulder:** The Shoulder point is a clinically effective point to treat shoulder problems. It can be used to treat shoulder pain, tight shoulders, impaired shoulder mobility, frozen shoulder, rotator cuff disorders, and other shoulder disorders.
30. **Elbow:** This point can treat elbow problems, such as golfer's elbow, tennis elbow, carpenter's elbow, and other elbow joint disorders.
31. **Clavicle:** The Clavicle point can be used in treating a broken clavicle, extra bone growth on the clavicle, or other problems involving the clavicle.
32. **Shoulder Joint:** This point can be used similarly to the Shoulder point, especially if the problem (i.e., bursitis, synovitis) is more confined to the shoulder joint versus the musculature of the shoulder, which is better treated with the Shoulder point.
33. **Thyroid:** Thyroid is excellent for regulating the thyroid gland as in cases of hypothyroidism or hyperthyroidism.
34. **Nephritis:** The Nephritis point is used to treat inflammation of the kidneys.

Points of the Cavum Concha

35. **Mouth:** The Mouth point can be used to increase or decrease appetite. It is commonly used along with the Hunger point in weight loss and stop smoking protocols to reduce both appetite and oral fixation. The Mouth point is also referred to as "the Antifatigue point."

Because the Mouth point is located in a very tender area of the ear, stimulating the Mouth point is invigorating. This factor accounts for the point's effectiveness in counteracting fatigue. Additionally, the Mouth point stimulates appetite or the desire for food. The increase in fuel that comes from food consumption increases energy. This point can also be used to treat mouth problems, such as ulcers, canker sores, and deviation of the mouth. The Mouth point can also have an invigorating effect if a dispersion technique is applied, so be aware that the Mouth point is contraindicated when one is treating fatigue that accompanies insomnia, as excess stimulation can keep the patient awake.

Treating the root of the insomnia like all disorders is important. The Mouth point can be stimulated in the day for fatigue and the Insomnia point used in the evening to induce sleep.

36. Heart: This point can be used for all Heart problems in both Oriental and Western diagnosis. Western diagnostic conditions would include tightness in the chest, palpitations, angina, circulation problems, hypertension, mitral valve prolapse, and stroke. Chinese diagnostic problems include all of these as well as memory and concentration problems, emotional problems, anxiety, restlessness, and psychological disturbances, easy daytime sweat, and insomnia.

Because the Heart is the Supreme Controller in Oriental medicine and moves the *Qi* and the Blood, the Heart point can also be used to control pain by moving stagnant *Qi* and Blood in the body. The Heart point is also effective in treating eye problems because in Oriental medicine the Heart has an internal pathway or "eye system" that runs from the heart to the eye.

37. Trachea: This point treats breathing, cough, constriction of the throat, speech problems, and other problems of the trachea.
38. Upper Lung: Upper Lung is essential in all respiratory problems, such as shortness of breath, asthma, bronchitis, swollen glands, common cold, flu, and sore throat. From the Chinese perspective, Lung is the Master of the *Qi*. Therefore, the Upper Lung is a primary point for increasing energy and moving the *Qi*. This is the identical reason why it has been clinically found to be the major point in withdrawal symptoms because it improves and regulates systemic energy thereby contributing to a feeling of well-being.

Some sources say the Upper Lung point corresponds to the opposite Lung (contralateral lung), and the Lower Lung point corresponds to the Lung on the same side of the body as the ear (ipsilateral lung). For instance, when looking at the left ear of a patient,

the Upper Lung point corresponds to the right lung and the Lower Lung point corresponds to the left lung. I generally do not use them as pertaining to the right or the left sides but more according to the Upper and Lower schema; however this paradigm is an option.

39. Lower Lung: The Lower Lung point can be used similarly to the Upper Lung point to enhance Lung function. It can be selected if the patient needs to breathe more deeply or if the patient's problem is in the lower part of the Lung such as in pneumonia. I use it this way, as well as when ear pathology is present on this point or to reinforce the action of the Upper Lung.

Some sources suggest you may use the Lower Lung point in the ear to treat the Lung on the same side of the body as the side of the ear being treated; that is, select the Lower Lung point in the left ear to treat the left lung and the Lower Lung point in the right ear to treat the right lung and this is a possible framework to use when the patient clearly has a right- or left-sided lung problem.

Remember as noted in Chapter 1, specifically the ear at the Lung points stimulates the vagus nerve, the longest cranial nerve, which innervates the lungs, diaphragm, stomach, and intestines.

Clinical Note 6

The Lung points are sometimes called the Dermis points. They are major dermatological points for urticaria, reducing inflammation and irritation of the skin and mucous membranes, and promoting healing because the Lung dominates the skin and mucous membranes. This includes the internal mucous membranes of the mouth, nose, throat, stomach, and other locations. As a result, Lung points are primary, clinically effective points for stomach and duodenal ulcers, ulcerative colitis, and other internal abrasions.

40. Esophagus: The Esophagus point is used for treating difficulty in swallowing, acid reflux disease (esophageal reflux), acid regurgitation, and other esophageal problems.
41. Cardiac Sphincter: This is a very powerful point used to regulate the cardiac sphincter, which is the upper orifice of the Stomach. If the sphincter is incompetent, acid from the Stomach can enter the esophagus and lead to acid reflux disease.
42. Stomach: This point treats Stomach ulcers, gastralgia, dyspepsia, vomiting, nausea, and other Stomach problems. According to Oriental medicine, the Stomach assists in the "rottening and ripening of the food," thus contributing to the formation of Qi and Blood.

The Stomach point resolves Dampness and Phlegm. It is used in weight loss protocols to reduce appetite. *Shenmen* and the Lung points have also been found to be core points in treating weight problems for the reasons discussed earlier.

43. Liver: Liver is an important ear point used for all clinical energetics pertaining to the Liver in Chinese medicine. The Liver point is used to move *Qi* Stagnation and Blood Stagnation, build Blood, and nourish *Yin*. Treating the Liver point benefits the eyes, tendons, muscles, ligaments, and nerves. It is a major point for facilitating digestion and for regulating hormonal and menstrual function. It treats stress, depression, migraines, hepatitis, spasm, convulsions, pain, and other symptoms that are a result of Liver dysfunction.
44. Hepatitis: This Hepatitis point, located within the cavum concha, specifically within the Liver area, is an additional point that can be used to treat the difficult disease of hepatitis that is common in China as well as a rising health problem throughout the world.
45. Relax Muscle: This point, located within the Liver area, is especially good for encouraging muscular relaxation. Pain comes from Stagnation and Stagnation can lead to muscular tension. Therefore, Relax Muscle is an important point for relieving pain. Relax Muscle is a central point in any pain treatment strategy for muscular pain, such as menstrual cramps or back pain. Relax Muscle is also good for tension and relaxation in general. Like Gallbladder 34 (*Yanglinguan*) in the body (the Influential Point that dominates the Muscles), Relax Muscle is an auricular point that treats muscular pain.
46. Spleen: This point can be used to treat any Spleen syndrome in Oriental medicine, such as Spleen *Qi* and *Yang* Deficiency, or Spleen *Qi* Deficiency with Repletion of Dampness, Blood production, problems of the muscles, abdominal distention, and lethargy. The Spleen point assists in the production of white blood cells, thereby enhancing immune function. The Spleen point is an important point in the regulation of digestion, assuming the function of absorption of food that is assigned to the Small Intestine in Western medicine.
47. *Sanjiao* (Triple Warmer): This point connects all three *Jiaos*. In Oriental medicine, the Triple Warmer assists in the regulation of water passageways such that the *Sanjiao* point eliminates excess Water or Damp, thereby treating edema. *Sanjiao* is also the theoretical construct used to explain the production of *Qi*, Blood,

and body fluid that become the Essential Substances (*Qi*, Blood, *Jinye*). Thus, the *Sanjiao* point facilitates digestion and distributes the Essential Substances to the entire body. In this way the *Sanjiao* point strengthens immunity and can be used to fight off exogenous evils. The point also treats constipation.

Clinical Note 7

Interestingly, clinical studies have found the *Sanjiao* point to be an effective point for relaxation, and in the treatment of stress, anxiety, and psychosomatic disorders.³

Points of the Cymba Concha

48. Duodenum: This point is for problems of the duodenum, such as a duodenal ulcer. The Duodenum point stimulates the absorptive aspects of digestion. Ulcers may occur here.
49. Small Intestine: This point can be used to treat problems of the Small Intestine, such as digestive disturbances, particularly food absorption problems. The Small Intestine point aids in the separation of the “pure from the impure.” The Small Intestine point can be used for treating urinary tract infections due to “Heat in the Heart shifting to the Small Intestine” because the Heart is the Five Element coupled organ of the Small Intestine. For the same reason, the Small Intestine point can also treat palpitations.
50. Large Intestine: The Large Intestine point can regulate the Large Intestine and help with problems such as water absorption, loose stools, diarrhea and/or constipation, hemorrhoids, irritable bowel syndrome, and ulcerative colitis.
51. Appendix: This point is useful in treating inflammation of the vermiform appendix, as in acute simple appendicitis.
52. Bladder: The Bladder point is for treating problems such as frequency of urination, dribbling urination, urinary incontinence, urinary urgency, difficult urination, painful urination, enuresis, retention of urine, kidney stones, bladder infections, cloudy urination, and other urinary problems.
53. Kidney: The Kidney point can be utilized to treat a vast array of disorders that are considered Kidney diseases in Oriental medicine. Such disorders include problems connected with Bladder function, with the foundation *Yin* and *Yang*, and growth, maturation, and development, i.e., all life cycle disorders such as early puberty,

early menopause, early hair graying, and more. The Kidney point is an important point in respiratory disorders because in Oriental medicine the Kidney grasps the *Qi* of the Lungs. This point treats immune disorders, builds Blood, and regulates body warmth. It can be used for kidney stones, nephritis, lumbago, tinnitus, and other Kidney problems.

54. Ureters: This point treats stones (also called kidney stones) that have collected in the ureters, and assists in the elimination of urine.
55. Pancreas/Gallbladder: This point assists in sugar/insulin regulation and promotes proper bile flow. It participates in the breakdown of fats and helps the Liver in its *Yang* functions. It treats cholecystitis, cholelithiasis, pancreatitis, diseases of the bile duct, gallstones, diabetes, and other problems of the Gallbladder and Pancreas. Dr. James Yin Tau So claims that the Pancreas point is found in the left ear and the Gallbladder point in the right.⁴ Sometimes the Pancreas point is called the Diabetes point. I treat both the pancreas and the gallbladder equally through each ear but this discrimination is a useful option.

Points of the Helix

56. Diaphragm: The Diaphragm point is a powerful point that triggers movement of the diaphragm, thus assisting in deep breathing. According to traditional Oriental medical theory, the diaphragm is the place where the Blood meets and then is directed to its proper pathways. Therefore, the Diaphragm point is effective in the treatment of *Qi* and Blood Stagnation. It is indicated for diseases caused by bleeding due to Evil Heat in the Blood. When the diaphragm moves, Liver *Qi* is regulated and spread, and the distribution of *Qi* and Blood in the *Upper Jiao* is facilitated.

The Diaphragm point also has an effect upon the emotions by virtue of moving Liver *Qi* Stagnation. Consequently, it treats depression viewed as Liver *Qi* Stagnation, and regularizes the emotions. This point then helps the *Upper Jiao* and the *Middle Jiao* communicate, and dispels chest and mid-back tightness. Because it corresponds to the Diaphragm, this point is good for treating nervous tension, hiccups, and pressure from the Stomach or Liver that follows surgery. It also treats jaundice.

This point has mixed sympathetic/parasympathetic innervations. Kropf recommends needling it first in a treatment because it affects the reactive ability of the rest of the auricle. He says that it can make

an unreactive ear reactive or a hypersensitive ear normal because it promotes homeostatic control. The Diaphragm point also corresponds to the umbilical area,⁵ but some say this point does not correspond to the body's anatomy; however the umbilicus is an area many do not think of. They have delineated its role based upon a functional observation of its effects.⁶ Some authors refer to this point as Point Zero (Nogier) or the Master point (Oleson).

57. Lower portion of the rectum: This point remedies problems such as fecal stagnation, constipation, impacted stools, hemorrhoids, diverticulitis, and diverticuloses of the lower rectum.
58. Hemorrhoids: This is a point specifically for the treatment of hemorrhoids due to Stagnant Blood, Damp-Heat accumulation, or prolapsed *Qi*. It also treats itchiness, inflammation, local bleeding, and anal fissures.
59. Common Cold: This point can be used to help prevent the common cold or to treat a developed cold. It can be used for symptoms of Wind-Cold, Wind-Heat, or Wind-Dampness that cause common cold manifestations.
60. Ear Apex: This is an important point to bring down *Yang* and reduce Heat. In the case of *Yang* rising, this point reduces high blood pressure and can quell anger and other Heat manifestations symptomatic of *Yang* rising. Especially when a bleeding technique is used, it is a clinically effective point for acute conjunctivitis, migraines, other symptoms of Liver *Yang* rising, herpes zoster, pharyngitis, high fever, and aphonia. Some practitioners locate the allergy point on the underside of the ear apex.
- 61–64. Helixes 1 to 4: Because these points pertain to tonsillar tissue, they can be used to enhance immunity and ward off infection or invasion, such as acute tonsillitis.

Points of the Antitragus

65. *Dingchuan*: Analogous to the body point *Dingchuan* on the back of the neck (0.5 cun lateral to GV 14, *Dazhui*), this is another very powerful point to assist in stop wheezing. It is excellent for bronchitis, asthma, and other breathing difficulties. *Dingchuan* is sometimes called the Ear Asthma point. It works well with the Stop Wheezing point located in the triangular fossa.
66. Brain (also known as Subcortex or the Thalamus): The Brain point is involved in regulating the excitation and inhibition of the cerebral cortex. Diseases of the nervous, digestive, endocrine, and urogenital systems, as well as hemorrhage, insomnia, inflammation,

pain, swelling, shock, prolapse, and excessive sweating can be treated with this point. In my opinion, Brain point is the second most important point in the ear, with *Shenmen* being first. I use it to augment almost every treatment because the Brain controls every bodily activity. According to some sources, the Brain point corresponds to the pituitary gland and the thalamus. Some sources call the Brain point the Subcortex.⁷

67. Occiput: To treat the occiput locally in cases such as occipital headache, dizziness, neck tension, stiffness along the nape, or Blood Stasis patterns in the occipital area, use the Occiput point. Because the visual cortex of the brain is located in the occiput, this point can be used to treat a multitude of eye disorders. Occiput also treats neuropsychiatric disorders, psychosis, pain, shock, inflammation, convulsions, lockjaw, and regulates the nervous system. In addition, it can be used to relieve motion sickness.
68. Temple: This is a local point for treating problems of the temple, such as breakouts, tension, temporal headaches, one-sided headaches, and migraines. It is sometimes called the *Taiyang* point because the body acupuncture point *Taiyang* is located at the temple.
69. Forehead: This point is useful for treating local problems of the forehead, such as wrinkles, acne, and pain and congestion of the sinuses and/or forehead. It is used to treat *Yangming* (Large Intestine/Stomach) headaches.
70. Brain Stem: This point treats disorders of the cerebral blood vessels and meninges, incomplete development of the brain, apoplexy, convulsions, and stiffness along the nape, sequel to cerebral shock, and respiration.
- 71, 72. Eye 1 and Eye 2: These are supplemental clinically effective points used in remedying a wide array of eye disorders, such as glaucoma and myopia. Use with the Eye point on the lobe, as the primary point in the formula; supplement with Liver, Heart, Spleen, Stomach, *Shenmen*, and Occiput ear points. The Spleen and Stomach process nutrients for the body that create the Blood. Blood is necessary for eye health and sight.
73. Raise Blood Pressure: This point can raise blood pressure, and, as such it is useful in emergency situations in which the blood pressure needs to be raised.
74. Ovaries/Testes: This point can be used to treat a variety of reproductive disorders involving the ovaries in women or the testes in men, including irregular menstruation and infertility.

75. Endocrine (also called the Internal Secretion point): This point is used to regulate all endocrine secretions. It is useful for hormonal problems.

Points of the Antihelix

76. Toe: This point can be used for diverse toe problems, such as fractures, bunions, hammertoes, arthritis, and other traumatic disorders.
77. Heel: This point can be used for heel problems, such as calcaneal spurs or heel pain.
78. Ankle: This point is for ankle problems, such as breaks, sprains, and swelling.
79. Knee: Knee is a key point for a variety of knee problems, such as knee crepitation, achiness, weakness, cold knees, disorders involving knee ligaments or the knee joint, or for circulation problems around the knee.
80. Lumbago: This is an excellent, highly clinical effective point for low back pain in the lumbar region. This was the Knee point in earlier literature. Now the Knee area is above the Lumbago point.
81. Sciatic Nerve: Another quick acting, clinically effective point, Sciatic Nerve treats symptoms of a compressed sciatic nerve and radiating pain down the back of the leg.
82. Ischium: The Ischium point treats problems originating from the buttocks, such as sciatica or problems pertaining to the ischium, and the lower portion of the hipbone.
83. Buttocks: The Buttocks point can also be used to treat ischium or other gluteal problems such as torn muscles and as a local point for sciatica.
84. Abdomen: The Abdomen area is good for treating general, diffuse, or specific abdominal problems. It can be used alone or for reinforcement in combination with a point for a specific part of the abdomen, such as the Large Intestine point or the Appendix point.
85. Chest: This point treats a vast array of general chest problems, such as tightness in the chest, shortness of breath, asthma, cough, cold, and other respiratory or chest disorders. Like the Abdomen point, the Chest point can be used singularly or in combination with other points in the region of the problem, such as the Mammary points, Lung, Heart, etc.

- 86, 87. Mammary Glands: These two points are excellent for the treatment of fibrocystic breast disease, breast distention, and tenderness.
- 88. Neck: This is a fast-working point for treating a host of neck problems including stiff neck, torticollis, cervical disease, and misaligned vertebrae.
- 89. Throat/Teeth: This point treats throat or tooth problems, such as tonsillitis, sore throat, and constriction in the throat, or tooth problems in general.
- 90–93. The Spinal Points—Sacral, Lumbar, Thoracic, and Cervical Vertebrae: Each group of points pertains to a particular segment of the spinal column. These are superb points especially effective for adjusting the vertebrae in the associated portion of the spinal cord. Additionally, they can be used to treat the nerves originating from the corresponding portions of the spinal cord that innervate the organs and the dermatomal areas.

Points on the Posterior Aspect of the Ear

- 94. Vagus: This is a strong point to regulate functions and organs of the *Middle Jiao*, which the vagus nerve largely supplies. The Vagus point is used to treat digestive disorders like gastralgia and helps expel gallstones. It is also good for remedying headaches, asthma, stomachache, palpitations, bowel problems, and any areas that the vagus nerve, the longest cranial nerve in the body, innervates. It is at this point that the vagus nerve enters the ear to enervate it, and from there it goes particularly to the Lung points.
- 95–97. Upper, Middle, and Lower Back: These points correspond to a variety of back problems. For added reinforcement, it is helpful to use these points with the corresponding back points on the front of the ear; for instance, use Upper Back on the back of the ear with Upper Thoracic Vertebrae on its anterior surface.
- 98. Lower Blood Pressure Groove: This is a powerful groove used to lower high blood pressure, especially when the groove is bled.
- 99. Superior Root of the Ear: This point treats hemiplegia.
- 100. Spinal Cord 1: This point can be used to treat muscular atrophy and paralysis.

Table 4.1 summarizes the location of each point discussed here along with their major clinical energetics.

Table 4.1 Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
1. <i>Shenmen</i>	Triangular Fossa	<p>In the triangular fossa, along the lateral border, superior to the junction of its inferior and superior borders</p> <p><i>Tip:</i> Put your ear probe into this juncture and then slide superiorly to it. You will fall into a small depression; that is the point.</p>	<p>Quiets the Heart, calms the spirit, puts the patient into a state of receptivity for treatment.</p> <p>Reduces inflammation. First point for almost every treatment.</p> <p>Heart problems such as insomnia, dream-disturbed sleep, palpitations, angina, memory and concentration problems, pain, ophthalmological diseases.</p> <p>Skin itching, detoxification, restlessness, anxiety, weight loss protocols.</p> <p>Contraindications: Congestive heart failure and bronchitis characterized by excess phlegm.</p> <p>Nogier calls <i>Shenmen</i> the God point. <i>Shenmen</i> enhances the vital forces of <i>Qi</i> and blood.</p>
2. Stop Wheezing	Triangular Fossa	<p>In the deepest point in the center of the triangular fossa</p> <p><i>Tip:</i> Put your probe roughly in this vicinity; now search by feel for the depression which is where the point is located.</p>	<p>Wheezing accompanying asthma, bronchitis, or emphysema, or other respiratory or cardiovascular conditions.</p> <p>Especially effective when combined with <i>Dingchuan</i> (in the ear) and one of the Sympathetic points that increases vasodilation.</p>

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
3. Hypertension	Triangular Fossa	In the laterosuperior corner of the triangular fossa	Hypertension Works synergistically with <i>Shenmen</i> , Liver, Heart, and the lower blood pressure groove.
4. Sympathetic 1	Triangular Fossa	In the medioinferior corner of the triangular fossa	Balances the autonomic nervous system, nourishes <i>yin</i> , and dilates the blood vessels. Pain, shock, trauma, and any nervous system disorders.
5. Sympathetic 2	Triangular Fossa	On the internal aspect of the helix midway between the level of Sympathetic 1 and Sympathetic 3	
6. Sympathetic 3	Triangular Fossa	On the inferior antihelix crus, below Sympathetic 1	
7. Uterus/ Prostate (Seminal Vesicle)	Triangular Fossa	Midway between the Hypertension and Sympathetic 1 points, along the superior border of the triangular fossa	Reproductive problems, gynecological disorders, such as dysmenorrhea, amenorrhea, pelvic inflammatory disease, uterine cysts, fibroid tumors, and infertility. Swelling or contracture of the scrotum, testicular pain, and infertility.
8. Constipation	Triangular Fossa	On the inferior border of the triangular fossa. This point is an area equivalent to a rectangular shape. The upper part is along the inferior border of the triangular fossa and the lower part is on the upper portion of the inferior antihelix crus	Constipation and impacted stools.
9. Hepatitis	Triangular Fossa	At the junction of the inferior and superior borders of the triangular fossa	Can help with the treatment of hepatitis along with the Liver, Spleen, and other Hepatitis points.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
10. Hip Joint	Triangular Fossa	Medial to the Hepatitis point, on the lower border of the triangular fossa	Hip joint pain.
11. Upper Teeth	Lobe	In the postero-inferior aspect of Sector 1	Dull or persistent toothache of the upper teeth. Upper tooth extractions.
12. Tongue	Lobe	In the center of Sector 2	Tongue ulcerations or other problems with the tongue, such as aphasia, dysphasia, stuttering, or a deviated tongue.
13. Jaw	Lobe	In the center of Sector 3	Jaw problems, such as clicking, temporomandibular joint syndrome, achy or dislocated jaw.
14. Lower Teeth	Lobe	In the center of Sector 4	Can be used similarly to the Upper Tooth point except for the lower teeth.
15. Eye	Lobe	In the center of Sector 5	Problems of the eye, such as decreased nighttime vision, eyestrain, declining vision, myopia, presbyopia, eye twitching, and a host of ophthalmological disorders. Especially effective when combined with Eye 1 and Eye 2, Brain, Heart, Liver, Spleen, and Shenmen.
16. Inner Ear	Lobe	In the center of Sector 6	For problems of the inner ear, such as impaired hearing, tinnitus, Ménière's syndrome, problems of balance and motion sickness, such as vertigo and seasickness.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
17. Helix 5	Lobe	On the lateral border of Sector 6	Like all the Helix points, enhances immunity by strengthening tonsillar tissue.
18. Tonsil	Lobe	In the center of Sector 8	Pertains to the tonsillar tissue, especially the palatine tonsils in the form of tonsillitis, which ward off infection.
19. Helix 6	Lobe	On the lower margin of Sector 8	This point's energetics are similar to point 17.
20. Insomnia	Lobe	Slightly medial to the Teeth points on the horizontal line dividing the Upper Tooth and Lower Tooth points	Can promote sleep if rubbed gently. <i>Note:</i> It may have the opposite effect if stimulated too vigorously.
21. Thirst	Tragus	In the center of the superior portion of the tragus	Regulates thirst, commonly used in weight loss protocols.
22. External Nose	Tragus	Midway between the Thirst and Hunger points in the center of the tragus	Exterior nose problems, acne, broken blood vessels, and rhinitis.
23. Hunger	Tragus	In the center of the tragus, at the level of its lower lobe directly below the External Nose point	Regulates hunger; part of weight loss or stop smoking protocols.
24. Internal Nose	Tragus	Midway between the Hunger and Adrenal points on the lower portion of the tragus	Internal nose problems, polyps, runny nose, stuffy nose, sinus pressure, maxillary sinusitis, and bloody nose.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
25. Adrenal	Tragus	On the lower portion of the tragus, close to its lateral border	Shock, stress, infection, inflammation, and trauma that depletes the adrenal glands. Regulates adrenal hormones, treats asthma and cough due to adrenal insufficiency. For hypotension and pulselessness. Can be used for any disturbing sensations.
26. Wrist	Scaphoid Fossa	Opposite the tubercle of the helix	Wrist problems, such as carpal tunnel syndrome, sprains, strains or breaks, contracture of the wrist.
27. Finger	Scaphoid Fossa	In the uppermost portion of the scapha <i>Tip:</i> Think of the Finger point as a bigger area. I picture this area like the length of extended fingers.	Spasm, contracture, swelling, arthritis of the fingers, and other finger problems.
28. Allergy	Scaphoid Fossa	In the scapha, midway between the Wrist and Finger points	Respiratory and food allergies, chemical sensitivities, weak immunity.
29. Shoulder	Scaphoid Fossa	In the scapha, level with the crus of the helix	One of the most clinically effective points to treat shoulder problems. Can be used for shoulder pain, tight shoulders, frozen shoulder, impaired mobility and rotator cuff disorders, and other shoulder disorders.
30. Elbow	Scaphoid Fossa	In the scapha, midway between the Wrist and the Shoulder points	Elbow problems, such as golfer's elbow, carpenter's elbow, and other elbow and joint disorders.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
31. Clavicle	Scaphoid Fossa	In the scapha, level with the height of the antitragus	Can be used for a broken clavicle or extra bone growth on the clavicle, or other problems involving the clavicle.
32. Shoulder Joint	Scaphoid Fossa	In the scapha, midway between the Shoulder and Clavicle points	Can be used similarly to the Shoulder, especially if the problem is more confined to the shoulder joint versus those having muscular involvement.
33. Thyroid	Scaphoid Fossa	On the medial border of the scapha, parallel but slightly inferior to the Throat and Teeth point (F 89)	Excellent for regulating the thyroid gland.
34. Nephritis	Scaphoid Fossa	Below the Clavicle point, at the end of the lateral border of the scapha	Can be used to treat inflammation of the Kidney.
35. Mouth	Cavum Concha	This area, like a smile, parallels the lateral border of the external auditory meatus	Can be used to increase or decrease appetite. It is commonly used in weight loss and stop smoking protocols to reduce appetite and oral fixation. Also referred to as the Antifatigue point. Because it is located in a very tender area of the ear, this partly accounts for the effect of picking up energy. It stimulates appetite which, if satisfied, will usually lead to an increase in energy as well. Can also be used for mouth problems, such as ulcers, canker sores, facial paralysis, and other similar problems.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
36. Heart	Cavum Concha	At the deepest point of the cavum concha, at the level of the center of the Mouth point <i>Tip:</i> Eyeball the area and then search with your probe for the deepest point.	Can be used for all Heart problems from both a Traditional Chinese Medicine and Western perspective including angina, palpitations, mitral valve prolapse, tightness in the chest, circulation problems, hypertension, and stroke. Chinese differentiations include memory and concentration problems, easy daytime sweat, insomnia, emotional problems, hysteria, anxiety, restlessness, and psychological disturbances. It can also be used to control pain by moving Stagnant Qi and Blood in the body because the Heart is the Supreme Controller. Also effective for eye problems (see <i>Shenmen</i>) because the internal pathway of the Heart has an “eye system” that goes from the Heart to the eye. Cough, breathing, throat, and speech problems; constriction of the trachea and other problems of the trachea.
37. Trachea	Cavum Concha	A horizontal area that starts at the center of the Mouth point and extends to the Heart point	

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
38. Upper Lung	Cavum Concha	In the depression above the Heart point <i>Tip:</i> Put your probe in the Heart point and then slide slightly above it until the probe falls into a depression.	Can be used similarly to Lower Lung to enhance Lung function. It is called for in all respiratory problems, such as asthma, bronchitis, sore throat, swollen glands, common cold, flu, cough, asthma, and hemoptysis. Additionally, from the Chinese perspective, because Lung is the Master of the Qi, this is a primary point for increasing energy and moving it. This is why it has been clinically found to be the major point in withdrawal symptoms, because it regulates systemic energy. It is a major dermatological point to reduce inflammation, irritation, and promote healing because the Lung dominates the skin and mucous membranes, which includes internal mucous membranes of the mouth, nose, throat, stomach, and others. It is a primary point for urticaria. As a result, it is a primary, clinically effective point for stomach and duodenal ulcers, ulcerative colitis, and other abrasions. According to Mario Wexu, the Upper Lung point corresponds to the opposite Lung and the Lower Lung point corresponds to the Lung on the same side of the body as the ear. This is also corroborated by Chinese clinical trials. ⁷

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
39. Lower Lung	Cavum Concha	In the depression below the Heart point <i>Tip:</i> Put your probe on the Heart point and then slide slightly below it until the probe falls into a depression.	Used similarly to Upper Lung. Can be used if the patient needs to breathe deeper or if the problem is in the lower part of the Lung. As Wexu says, it can treat the Lung on the same side of the body as the side of the ear being treated.
40. Esophagus	Cavum Concha	<i>Tip:</i> Take the length of the distance from the upper curvature of the Mouth to the lateral end of the lower border of the crus of the helix. Divide this distance in half. The most medial half is the Esophagus area.	Used for difficulty in swallowing, acid reflux disease (esophageal reflux), acid regurgitation, and other esophageal problems.
41. Cardiac Sphincter	Cavum Concha	The second lateral, half of the distance below the crus of the helix, which is found as described above.	A very powerful point used to regulate the cardiac sphincter, which is the upper orifice of the Stomach. If it is loose, acid from the stomach may enter the esophagus, leading to acid reflux disease.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
42. Stomach	Cavum Concha	<p>A round area that begins at the end of the crus of the helix and extends halfway into the distance formed by the end of the crus and the medial border of the lower antihelix crus</p> <p>Tip: Due to the pathology that can develop in the stomach area (discussed in Chapter 7), the best way to locate this point is as follows: Place your probe in the Diaphragm point (Point B 56). Slide off the crus of the helix into a little notch that you can feel with the probe. That point is the beginning of the Stomach area. The Stomach now extends half way across the area of the cymba/cavum concha in a circular manner. (See Figure 3.1.)</p>	<p>Stomach ulcers, gastralgia, dyspepsia, vomiting, nausea, and other local problems. Energetically, it assists in the rotting and ripening of the food, thus promoting the formation of Qi and Blood.</p> <p>Resolves Dampness and Phlegm.</p>
43. Liver	Cavum Concha	<p>Comprises the second half of the distance from the Stomach to the medial border of the lower antihelix crus. It is roughly a triangular-shaped area. Its superior border is formed by a 45-degree angle from the upper border of the Stomach to the medial border of the lower antihelix crus. Its lower border is level with the lower border of the crus of the helix.</p>	<p>A primary ear point used for all the major clinical energetics pertaining to Liver in Chinese medicine. It is used to move Qi Stagnation, Blood Stagnation, build Blood, and nourish Yin. It benefits the eyes, tendons, muscles, ligaments, and nerves, and is a primary point for facilitating digestion, and regulating hormonal and menstrual function.</p>

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Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
44. Hepatitis	Cavum Concha	Area found within the Liver area, close to the lateral curvature of the Stomach	Here is another Hepatitis point located within the Liver area that can be used to treat this disorder.
45. Relax Muscle	Cavum Concha	Within the Liver area. It is roughly a circular area, below the superior border of the Liver area.	Located within the Liver area, this point is especially good for assisting in muscular relaxation. As such, it becomes a primary point for pain because pain is stagnation, and as such, has a muscular component. It is a core point in a pain treatment strategy and applicable to many pain conditions. Also good for tension and relaxation, in general.
46. Spleen	Cavum Concha	This point is a large area <i>Tip:</i> First locate the midpoint of the lower border of the Liver. Now, extend a line vertically downward to where it intersects superior to the antitragus. The area lateral to it is the Spleen area.	Can be used for all the Spleen syndromes in Oriental medicine, such as Spleen Qi and Yang deficiency, Repletion with Dampness, Blood production, and problems of muscles. It assists in the production of white blood cells, thereby enhancing immunity. It is an important point in the regulation of digestion, abdominal distention, and lethargy.
47. Sanjiao	Cavum Concha	In the deepest point of the cavum concha at the level of the intertragic notch <i>Tip:</i> To locate this point, “look” through the intertragic notch as if it were a small window. Then place your probe within it and feel for the deepest depression; that is the point.	Assists in regulating water passages. Connects all three Jiaos. By doing so, it can be used to eliminate excess water or Damp. Facilitates digestion and distributes the Essential Substances to the entire body. Strengthens immunity and can be used to fight off exogenous evils. Can be used for constipation and edema.

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Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
48. Duodenum	Cymba Concha	In the 1st sector	Problems of the duodenum, such as duodenal ulcer. It assists in the absorptive aspects of digestion.
49. Small Intestine	Cymba Concha	In the 2nd sector	Problems of the Small Intestine, such as digestive disturbances, particularly absorption problems. Aids in the separation of the pure from the impure. Also used for palpitations due to its connection to the Heart.
50. Large Intestine	Cymba Concha	In the 3rd sector	Can regulate the Large Intestine in any condition. Helps with water absorption, ulcerative colitis, loose stools and/or constipation, hemorrhoids, irritable bowel syndrome, and other Large Intestine maladies.
51. Appendix	Cymba Concha	At the junction of the 2nd and 3rd sectors (between the Small Intestine and the Large Intestine points)	Inflammation of the vermiform appendix (acute simple appendicitis).
52. Bladder	Cymba Concha	In the 4th sector, directly above the Large Intestine point	Problems such as urinary incontinence, frequency of urination, enuresis, retention of urine, dribbling urination, urinary urgency, difficult urination, painful urination, stones, bladder infections, cloudy urination, and other urinary problems.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
53. Kidney	Cymba Concha	In the 5th sector, directly above the Small Intestine point	Can be utilized for a vast array of disorders that are subsumed under “Kidney” in Oriental medicine, including problems connected with Bladder function, foundation <i>Yin</i> and <i>Yang</i> problems of growth, maturation, and development. i.e., all life cycle disorders such as early puberty, early menopause, early hair graying and more. Treats immune disorders, builds blood, and regulates body warmth. Can be used for kidney stones, nephritis, lumbago, tinnitus, and other Kidney problems.
54. Ureters	Cymba Concha	At the junction of the 4th and 5th sectors (between the Kidney and Bladder points)	Used for stones that may collect in the ureters or to assist in the elimination of urine.
55. Pancreas/ Gallbladder	Cymba Concha	In the 6th sector, directly above the Duodenum point	Assists in sugar/insulin regulation and promotes proper bile regulation. Assists in the breakdown of fats and helps the Liver in its <i>Yang</i> functional aspects. Treats cholecystitis, cholelithiasis, gallstones, and other problems of the Gallbladder and Pancreas. Drs. So and Nogier claim that the Pancreas point is treated in the left ear and the Gallbladder point in the right. For pancreatitis and diseases of the bile duct.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
56. Diaphragm	Helix	Near the lateral edge on the crus of the helix	A powerful point for moving the diaphragm, thus assisting in deep breathing. When the diaphragm moves, Liver Qi is regulated and the distribution of Qi and Blood in the upper Jiao is facilitated. It is a major point for the treatment of Qi and Blood stagnation. It has an effect upon the emotions by virtue of moving Liver Qi stagnation. For hiccup and jaundice. Helps the Upper Jiao and the Middle Jiao communicate better and dispels chest and mid-back tightness. Some authors refer to this point as Point Zero or the Master point. Because it corresponds to the Diaphragm, it is good for nervous tension, hiccups, and pressure from the stomach or liver following surgery. It has mixed sympathetic/parasympathetic innervations. Kropej recommends needling it first in a treatment because it affects the reactive ability of the rest of the auricle. It can make an unreactive or a hypersensitive ear normalized.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
57. Lower Portion of the Rectum	Helix	On the helix, roughly parallel to the Large Intestine point	Problems such as fecal stagnation, constipation, impacted stools, hemorrhoids, diverticulitis, and diverticuloses of the lower rectum.
58. Hemorrhoids	Helix	On the border of the helix, parallel to the Uterus/Prostate point	Specifically for hemorrhoids due to Stagnant Blood, Damp-Heat accumulation, or prolapsed Qi. Also treats itchiness, inflammation, bleeding, and anal fissures.
59. Common Cold	Helix	On the border of the helix, parallel to the Hypertension point	Can be used to help prevent the common cold or to treat it if already developed. Can be used for symptoms of Wind-Cold, Heat, or Dampness that cause common cold manifestations.
60. Ear Apex	Helix	Tip: At the top of the helix, this point is found by folding the helix gently. The point is at the top of the fold.	An important point to bring down Yang and reduce Heat. In the case of subduing Yang, this point reduces high blood pressure and can quell anger and the heat manifestations of Yang rising. Clinically effective for conjunctivitis, migraines, and other symptoms of Liver Yang rising.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
61. Helix 1	Helix	Found by dividing the helix into six equal parts. The first point is on the helix, parallel to the tubercle of the helix and the sixth point is found in Sector 8 of the lobe. All others are found in between those divisions at equal intervals. Helix 5 and 6 have already been numbered as points 17 and 19.	These points pertain to tonsillar tissue and can be used to enhance immunity and ward off infection or invasion. For acute tonsillitis.
62. Helix 2	Helix		
63. Helix 3	Helix		
64. Helix 4	Helix		
65. Dingchuan	Antitragus	At the height or the apex of the antitragus (not on the anterior surface, but exactly on the top of it)	A very powerful point to assist in stop wheezing, analogous to <i>Dingchuan</i> on the back of the neck (0.5 cun lateral to <i>Dazhui</i>). Excellent for bronchitis, asthma, and other disorders where there are breathing difficulties and wheezing. Works well with the Stop Wheezing point in the triangular fossa.
66. Brain	Antitragus	On the posterior wall of the antitragus	Involved in regulating the excitation and inhibition of the cerebral cortex. For diseases of the nervous, digestive, endocrine, and urogenital systems, hemorrhage, insomnia, inflammation, pain, swelling, shock, prolapse, and excessive sweating. To me, it is the second most important point to <i>Shienmen</i> and can be used to augment virtually every treatment because the brain controls all bodily activity. Some sources call the Brain point the Subcortex or the Thalamus.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
67. Occiput	Antitragus	The most lateral to temple	A local point for the occipital area, such as in the case of occipital headaches, neck tension, stiffness along the nape, and Blood Stasis patterns in the occipital area. Additionally pertains to the occipital lobe, where the visual cortex of the brain is located, so this point can be used for multiple eye disorders. Treats neuropsychiatric disorders, psychosis, pain, shock, inflammation, convulsions, lockjaw, and nervous system regulation. Can also be used for motion sickness, dizziness, and headache.
68. Temple, also called <i>Taiyang</i>	Antitragus	Midway between Occiput and Temple points	A local point for problems of the temple, such as breakouts, tension, etc. Good for temporal headaches, one-sided headaches, and migraines.
69. Forehead	Antitragus	The most medial to the Temple point	Local point for problems of the forehead such as wrinkles, acne, pain and congestion of the sinuses and forehead. Used to treat <i>Yangming</i> Stomach/Large Intestine headaches.
70. Brain Stem	Antitragus	Just above the antitragus area. It is created by the intersection of the medial border of the Spleen and the area above the antitragus.	For disorders of the cerebral blood vessels and meninges, incomplete development of the brain, apoplexy, convulsions, stiffness along the nape, sequel to cerebral shock, primitive brain function, and respiration.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
71. Eye 1	Antitragus	On the medial side of the intertragic notch	Eye 1 and Eye 2 are supplemental points for a wide array of eye disorders. Use with the Eye point on the lobe as the primary point. For glaucoma and myopia.
72. Eye 2	Antitragus	On the lateral side of the intertragic notch	
73. Raise Blood Pressure	Antitragus	Below the intertragic notch between Eye 1 and Eye 2	This useful point can treat low blood pressure. It is an emergency point to raise blood pressure.
74. Ovaries/Testes	Antitragus	Slightly superior to Eye 2	In both men and women, can be used to treat a variety of reproductive disorders involving the ovaries or the testes. For irregular menstruation and epididymitis.
75. Endocrine	Antitragus	On the medial side of the intertragic notch, superior to Eye 1, on the posterior wall of the medial border of the intertragic notch	Used to regulate all endocrine secretions in the body; thus used for hormonal problems.
76. Toe	Superior Antihelix Crus	The most lateral point, found where the inverted L begins	Diverse toe problems such as fractures, bunions, hammer toes, arthritis, and traumatic disorders.
77. Heel	Superior Antihelix Crus	At the junction of the two strokes that form the L	Heel problems such as calcaneal spurs and other heel disorders or heel pain.
78. Ankle	Superior Antihelix Crus	Inferior to the heel at the point where the L ends	Ankle problems such as breaks, sprains, swelling, and other ankle problems.
79. Knee	Superior Antihelix Crus	Superior to where the superior antihelix crus intersects with the inferior antihelix crus	For a variety of knee problems, such as knee crepitation, achiness, cold knees, disorders involving ligaments or the joint, or knee circulation problems.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
80. Lumbago	Antihelix	Exactly at the intersection of the superior and inferior antihelix crura	An excellent clinically effective point for low back pain in the lumbar region.
81. Sciatic Nerve	Inferior Antihelix Crus	In the center of the inferior antihelix crus at its most medial location	Another quick acting, clinically effective point for the clinical manifestations of a compressed sciatic nerve causing radiating pain down the side or the back of the leg.
82. Ischium	Inferior Antihelix Crus	Just below the triangular fossa, in the inferior antihelix crus, slightly medial to the Buttocks point	For problems originating out of the buttocks, such as sciatica, or problems pertaining to the ischium, the lower portion of the hipbone.
83. Buttocks	Inferior Antihelix Crus	Just below the triangular fossa, in the inferior antihelix crus, slightly lateral to Ischium	Can be used similarly to the Ischium point or for other gluteal problems such as torn muscles and as a local point for sciatica.
84. Abdomen	Antihelix	Area on the lower antihelix crus roughly parallel to the Liver and Pancreas/Gallbladder points	Good for general, diffuse, or specific abdominal problems. Can be treated alone or in combination with a specific part of the abdomen, such as the Large Intestine, Appendix, etc.
85. Chest	Antihelix	Area in the lower antihelix crus roughly parallel to the Stomach point	Can be used for a vast array of general chest problems, such as tightness in the chest, shortness of breath, asthma, cough, cold, and other respiratory or chest disorders. Like the Abdomen it can be used singularly or in combination with other points that are in this region, such as the Mammary points, Lung, Heart, etc.

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
86, 87. Mammary Glands	Antihelix	Below the Chest area, roughly parallel to the center of the Spleen. There are two points positioned next to each other.	Two excellent clinically effective points for the treatment of fibrocystic breast disease, breast distention, and tenderness.
88. Neck	Antihelix	On the lower antihelix crus, roughly parallel to the curvature of the antihelix, above the antitragus	A fast-working point for numerous neck problems, such as stiff neck, torticollis, and misaligned vertebrae.
89. Throat and Teeth	Antihelix	Below the Neck, slightly above the Occiput point	Throat problems, such as tonsillitis, sore throat, and constriction in the throat as well as a general point for teeth problems.
90. Sacral Vertebrae	Antihelix	Extends from the most medial portion of the inferior antihelix crus to about parallel to the end of the Bladder point	Each pertains to a particular segment of the spinal column. They are superb points to use when these portions of the spinal cord are involved. Especially effective for adjusting the vertebrae. Additionally they can be used for treating the nerves that originate from particular portions of the spinal cord and the organs, areas, and dermatomes that they innervate.
91. Lumbar Vertebrae	Antihelix	From the end of the Sacral area, parallel to about the middle of the Liver area	
92. Thoracic Vertebrae	Antihelix	Extends from the end of the Lumbar area to just above the curvature of the lower antihelix crus	

(Continued)

Table 4.1 (Continued) Auricular Acupuncture Points: Location and Energetics

Point	Ear Zone	Specific Location	Energetics
93. Cervical Vertebrae	Antihelix	Extends from the end of the Thoracic area to the end of the curvature of the lower antihelix	
94. Vagus Root, also called Ear Root or Root of the Auricular Vagus Nerve	Posterior Aspect	In the depression just above the ear root (where the ear attaches to the head, above the tendon) <i>Tip:</i> To locate, pull the ear laterally. This will isolate the tendon to assist in locating the point. The point is in the depression above the tendon.	A powerful point to regulate functions of the Middle <i>Jiao</i> . Used for digestive disorders, gastralgia, and helps to expel gallstones. Also for headaches, asthma, stomachache, palpitations, bowel problems, and all areas that the vagus nerve, the longest cranial nerve in the body, innervates. It is at this point that the vagus nerve enters the ear to enervate it.
95. Upper Back	Posterior Aspect	Along the spiny cartilaginous middle portion of the back of the ear, respectively. According to <i>Chinese Acupuncture and Moxibustion</i> , the Upper Back is on top, the Middle is in the middle, and the Lower Back is on the bottom.	These local points correspond to a variety of back problems. It is helpful to use these with the corresponding type of back pain points on the front of the ear for added reinforcement. For instance, use Upper Back with Upper Thoracic.
96. Middle Back	Posterior Aspect		
97. Lower Back	Posterior Aspect		
98. Lower Blood Pressure Groove	Posterior Aspect	A groove-like depression on the posterior aspect of the ear formed by the posterior border of the helix. It runs approximately the length of the upper third of the groove.	A very powerful area to lower high blood pressure when bled (to be discussed under modalities, Chapter 6).
99. Superior Root of Ear	Posterior Aspect	On the posterior aspect of the ear at the intersection of the superior part of the auricle with the face	Treats hemiplegia.
100. Spinal Cord 1	Posterior Aspect	On the posterior aspect of the ear, at the superior border of the inferior annicular root	Can be used for muscular atrophy and paralysis.

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5. Cautions and Contraindications

Objective

- Discover conditions under which ear acupuncture is either contraindicated or where caution should be used to prevent harm to the patient with auricular medicine

Introduction

As discussed in Chapter 4, the ear points, like the body acupuncture points, have a broad range of clinical application. Both can be used for the diagnosis, treatment, prognosis, and prevention of human health disorders. However, according to clinical experience and classical theory, as with body acupuncture points, there are certain conditions under which ear acupuncture is either contraindicated or when caution should be used so that no harm is done to the patient.

Due to these possible serious complications, conditions of contraindication and caution are discussed first, prior to the ear modalities covered in Chapter 6, so that these potential dangers can be foremost in the practitioner's mind in preparation for treatment.

Pregnancy

In my opinion and that of many other practitioners, including Oleson and the Chinese, auricular acupuncture on a pregnant woman is absolutely forbidden. Because of the strong manner in which the ear moves *Qi* and Blood, an unwanted miscarriage could ensue from the use of ear acupuncture. The ear can be used to promote the health of the woman who wishes to become pregnant and to help her recover after delivery, but it is very risky to use during the gestation period. As a result I do not consider that it is ethically permissible to treat pregnant women with ear modalities, although there are those who disagree with this contraindication.

Skin Problems

Avoid applying ear modalities to rashes, moles, scars, and skin reconstructed through plastic surgery, irritated ear skin, frostbitten skin, ear abrasions, or other skin breakouts in the ear. Treating unhealed skin on the ear can lead to further irritation, pain, and infection. Wait until the ear heals before treating with auricular modalities. Do not needle into unidentifiable lumps or lesions. Refer the patient to a dermatologist if you are suspicious of any observed anomaly.

Special Considerations

Weak Patients, Cancer and Diabetic Patients, Immunocompromised Patients, Children, Patients with Bleeding Disorders and Tumors

Use ear acupuncture with caution on patients who have poor wound-healing capacity, such as immunocompromised patients who are prone to infection. Cancer patients, diabetics, those who have HIV-positive status, or others with immune disorders fall into this category. Use ear acupuncture prudently on hemophiliacs, diabetic patients, the elderly, those using aspirin, blood thinners, or steroids, and others who tend to bleed easily; those with impaired neurological functioning; or patients on pain medications who may not detect pain or *Qi* arrival.

Clinical Note 1

Patients with high blood pressure may bleed more easily than others. You can still use ear-bleeding techniques on these patients. In fact, bleeding is the preferred modality for certain varieties of hypertension characterized by excess Heat and *Yang* rising. Be prepared for possible bleeding. Wear gloves and have extra cotton balls nearby for possible use.

Do not use ear acupuncture on young children who might remove ear seeds or pellets and put them into their mouth or nose. Except for life-threatening circumstances, do not use ear acupuncture on children under the age of 7, so as not to disturb the body's developmental processes. Ear massage administered by a professional or by a parent instructed in how to perform such massage is a good alternative to pellets and seeds. Children love ear massage.

Use auricular therapy with caution on weakened patients, elderly patients, or patients with decreased functional mental ability. Patients with severe psychological problems may not respond properly to the signs of *Qi* arrival or be able to follow instructions even if the instructions are written down. Written directions are always a good idea for properly informing the patient of instructions and advice.

Use caution with ear modalities applied close to the external auditory meatus so that they do not fall into the ear canal. Several such written directions pertaining to auricular acupuncture are found in Chapter 6 on the ear modalities.

Due to the possibility of metastasis, do not use ear acupuncture on cancer patients. However, the ear is an excellent modality for treating cancer patients after the tumor has been removed and during chemotherapy and/or radiation treatment to assist in promoting well-being, strengthening organ function, rebuilding immunity, and reducing pain.

Pain and Other Variables

One of the chief indications for auriculoacupuncture is the remediation of pain. If the underlying etiology of that pain is not addressed with Oriental or Western therapeutics, pain relief may only be temporary and even dangerous.

Noted auricular acupuncturist Paul Nogier provides a list of other disorders for which he claims ear acupuncture is contraindicated. He warns not to use for “neuroleptics; if there is vertebral blockage as in the case of disc herniation; for paralysis; and if the patient has a permanent scar condition.”¹

Helmut Kroepej has a set of what he calls absolute contraindications for ear therapy. He cautions not to use ear acupuncture for the following conditions: “Pain that necessitates surgery, demyelinating diseases, treatment of the thalamus and inner genitals during pregnancy, and all congenital disorders in which the spinal cord is mainly affected” and goes on to say that hormonally active points during menstruation should not be used.² I have not found the latter to be a problem.

Side Effects

Occasionally, following ear acupuncture treatment, the ear may develop an adverse skin reaction. Every precaution must be taken to avert any skin inflammation as a result of the ear treatment. Thorough asepsis of the ear by means of clean needle technique must be

maintained to prevent infection to the delicate auricle. All treatment materials positioned in the ear must be sterile. Remember that the ear is richly supplied with lymphatic vessels, thus making it particularly susceptible to infection.

Infection of the ear, known as auricular perichondritis, has been the subject of many studies. O. Davis states, "Acupuncture must be considered a form of penetrating trauma that may induce a perichondritis or chondritis in the auricle."³ In one such study, Johansen and Nielson wrote, "Repeated cultures showed growth of *Pseudomonas aeruginosa*. Despite intensive antibiotic treatment and extensive surgical toilet, the patient developed a severely deformed outer ear."⁴ Of particular danger is penetration of the perichondrium by needles, tacks, and intradermals.

Palle Rosted shows that "the inoculation of organisms into the subperichondrial plane can occur. The chronic presence of a foreign body further impairs the host's ability to eradicate infection. Permanent cosmetic changes to the ear may ensue. Repeated manipulation of implanted needles can cause further irritation and subperichondrial inoculation. This can happen to all patients, especially those who have diabetes, are immunosuppressed, or have a chronic debilitating disease."⁵

Retention of the ear treatment modality for too long or under improper conditions may be precipitating factors in ear infection. The metal the modality is composed of is also correlated with skin reactions. Rosted notes "skin reactions in the form of eczema may develop in patients sensitive to nickel, chromium, or silver. Stainless steel has been known to produce free nickel in certain situations."⁶ F. Leggat et al. claim "small particles of silver from a needle may accidentally be deposited in the ear, leading to the development of localized cutaneous argyria presenting as a blue-black macule in the skin."⁷

As with all acupuncture treatment, there are certain conditions under which ear acupuncture should not be administered, as it can create undesirable side effects. These contraindications include:

- A patient who is overtired, physically or mentally. Treatment at this time can further weaken the patient and the *Qi* that is already in a deficient state. Lightheadedness or fainting can result.
- A patient who is under the influence of mind-altering drugs, including alcohol; treatment should be postponed.
- A patient who has overeaten; he/she may be uncomfortable or unresponsive during treatment. Conversely, if the patient is very hungry (considered a weakened state), acupuncture also should be postponed.

- Relaxation, bordering on drowsiness, and sedation are possible side effects of all acupuncture including auricular acupuncture. To avoid mishaps that might occur in this state, have the patient wait seated in the waiting room, not reclining, for about 15 to 30 minutes before leaving your office. Do this after the first visit for all patients. If this effect does not occur after the first visit you can allow the patient to monitor himself or herself. If it does occur as a typical response you might want to monitor the patient response as part of their treatment protocol.

The potential signs of acupuncture-induced illness in auricular acupuncture are the same as with body acupuncture. They include dizziness, palpitations, cold sweats, nausea, chest tightness, fidgeting, weak pulse, fainting, and even unconsciousness.

Positioning of Patients

Ear acupuncture can be administered in a sitting or a reclining position. I follow these general guidelines.

- If the ear is to be needled or bled, I have the patient lie down, as the manipulation of *Qi* and Blood can make the patient feel weak or faint.
- If more gentle modalities, such as pellets or seeds, are part of the “take-home” treatment, the therapy may be applied while the patient is sitting or reclining. The position depends upon what is comfortable to the patient or where the practitioner is in the treatment when the therapy is applied (i.e., at the beginning or the end of treatment).

The conditions for successful treatment of the patient can be achieved by proper positioning of the patient as well as adherence to the prohibitions listed earlier.

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Ear Modalities

6. Ear Modalities

Objectives

- Recognize the most common modalities used in auricular medicine and how to differentiate their clinical appropriateness
- Determine which side of the ear to treat
- Estimate the expected therapeutic results of treatment
- Discover how to give an ear massage
- Prepare to purchase proper ear modalities

Introduction

Auricular acupuncture may be chosen either as a primary treatment method or as a complementary adjunct therapy to address a patient's illness. Whether for the management of an acute emergency, for treatment of initial symptoms or chronic problems, or for preventative treatment, there is a wide range of modalities that an acupuncturist can use. Although some of these modalities are similar in nature and are interchangeable, such as seeds, tacks, and pellets, each has some unique feature. As a practitioner, you have the option of selecting a modality from a number of criteria, including those that have the highest degree of clinical efficacy for the condition to be treated, those that best meet the lifestyle and compliance level of the patient, and those that satisfy your comfort level or preference as a practitioner. Ear modalities include:

- Palpation and massage
- Needles
- Ear seeds and herbal plasters
- Pellets
- Tacks
- Intradermal needles
- Magnets
- Electroacupuncture
- Bleeding
- Moxibustion
- Incisions/sutures

- Injections
- Lasers
- Staples
- Plum blossom needling
- Semi-permanent needles
- Titanium needles
- Earrings
- Disposable electro stim
- Ear pen

Certain ear points and particular ear acupuncture modalities are clinically correlated with specific medical conditions. Where relevant, such conditions are discussed in relation to the modalities to illustrate the most precise use of those points and treatment options. Ear research discloses the modality used—most frequently seeds, electro stim, and needles, and more recently magnets.

Keep in mind that regardless of the modality selected, strict asepsis of the ear must be maintained to prevent infection. Use a hair clip to secure the patient's hair away from the ear so that it does not contaminate the auricle during treatment or become attached to the sticky tapes of the pellets, magnets, and seeds. Remove ear jewelry, piercings, or hearing aids for massage, diagnosis, or other modalities as needed. Table 6.1 summarizes the use of the ear modalities (numbered 1 to 15) discussed in this chapter.

Palpation and Massage

Palpation is the process of detecting tender points for diagnosis or treatment by pressing on the ear point. Rubbing or applying pressure to the point can treat these same points.

A healthy ear point, like a healthy body acupuncture point, should not be tender when pressed or palpated. Tenderness through pressure indicates a problem in the area being tested. Paul Nogier accurately points out “this does not mean that all pathology is reflected in the ear as it may take time for that pathology to be conveyed to the site. Additionally, this is more likely if there are problems with nervous transmission of information.”¹

To perform palpation, use a sterile stainless steel ear probe (Figure 6.1). Although the probe does not pierce the skin, there is still the possibility of spreading infection from person to person via an unsterilized probe. Therefore, ear probes should be sterile for each patient, so use appropriate sterilization techniques. Do not swab

Table 6.1 Auricular Modalities

Modalities	Conditions
1. Palpation and massage	Massage can be applied by the therapist or the patient after the patient is instructed on where and how to massage the ear. Mark the spot to be massaged with a pellet or sterile marking pen or teach the patient how to do an overall ear massage.
2. Needles	Needling is the most common auricular therapeutic modality. Needles can be inserted into any point. Insert the needle, get <i>Qi</i> , then tonify or disperse. Heat is the most desired stimulus signifying the arrival of <i>Qi</i> . (<i>Note: I tend not to needle the Heart, Brain, Dingchuan, Vagus, because of their strong effect or points on the lobe since the lobe is flabby. For these points, I substitute pellets. However, they are not contraindicated to needle.</i>)
3. Ear seeds and herbal plasters	Seeds, most popularly semen vacarria, provide a good stimulus due to their size and density. However, if they are not sterile, they can increase the risk of infection. Purchase sterile semen vacarria for use. Herbal deposits on the seeds can impart herbal therapeutic benefits.
4. Ear pellets: gold, silver, or other metals	Pellets are a good size modality for auricular treatment. They provide a perfect stimulus and have the added benefit of being sterile. Additionally, pellets are available in various metals. Therefore, pellets can be used for their metallurgic properties.
5. Ear tacks	Tacks come in various sizes—extra small, small, medium, and large. The bigger the tack, the stronger the stimulus elicited, so consider patient tolerance when choosing the tack size. There can be a higher risk of infection with ear tacks if patients do not have the tacks removed at the proper time.
6. Intradermal needles	Intradermal needles are used for areas such as the Constipation or Vertebral areas versus discrete points. Do not use in depressions as they will not conform to the contour and will bend or may break. Intradermal needles need to be placed on points on a ridge or flat area. Intradermals are available in various lengths. Select the appropriate length based on the size of the area to be needled.

(Continued)

Table 6.1 (Continued) Auricular Modalities

Modalities	Conditions
7. Magnets	Magnets need to be removed at bedtime or if the stimulus becomes too strong for the patient. They are reusable on the same patient. Magnets do not pierce the skin, thus the risk of infection is reduced. Magnets are a gentle take-home therapy.
8. Electroacupuncture	Electricity is good for anaesthetizing a point due to the electrical machine's ability to achieve high frequencies that stimulate the point. Do not clean the ear with alcohol prior to using the point detector for diagnosis, as this will change the ear pathology such as film, flaking, and the electrical resistance of the ear.
9. Bleeding	Bleeding is used to reduce Heat/Fire, subdue <i>Yang</i> , stimulate <i>Qi</i> and Blood, or to move stagnant <i>Qi</i> and Blood.
10. Moxibustion	Moxa use is limited, but specific to treating earache or the common cold and other conditions. It can be applied indirectly over the point or over a needle with a fine incense stick.
11. Incisions/sutures	Incisions/sutures are a technique that is typically not employed in the United States because an incision is considered a surgical technique. An incision provides a constant stimulus to the point. Chances of infection are increased using incisions. This is an old Chinese technique not allowed by state law.
12. Injections	Injections can be applied to the point with a hypodermic needle. Common injections include saline, vitamin B ₁₂ , certain Chinese herbal formulations, lidocaine, procaine, and placenta. This procedure is slightly painful due to the small size of the point, the large gauge of the hypodermic needle, and the nature of the substance injected. Be sure your license allows for the practice of injection therapy. Many states do not allow it.
13. Laser	Laser therapy is one of the newest modalities. It is painless and infection is not an issue. Ease of administration also makes it a good choice in treatment.
14. Staples	Like incisions and sutures, this is an old technique used to stimulate points. Seeds or pellets are commonly used now in the place of staples.
15. Plum blossom needling	This modality may be applied to points of the lobe as well as used as a method to induce bleeding in the ear.

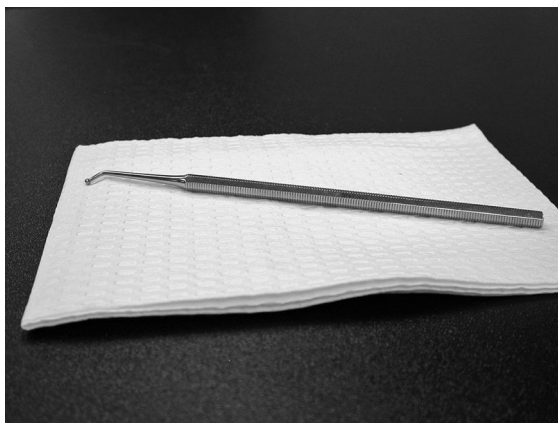


FIGURE 6.1 Ear probe.

the ear with alcohol prior to palpation as the alcohol may change the skin's electrical conductivity or remove pathological discharges, such as suppurations and fluids, thus affecting the clinical data derived from observation or palpation.

From an Oriental perspective, when performing ear diagnosis it is not advisable or necessary to palpate every ear point. First, establish the working diagnosis. Pathology observed in the ear, along with data from other methods of diagnosis such as pulse palpation or tongue observation, can be used to substantiate a diagnosis. Points relating to the diagnosis can be then palpated and the sensitivity of the ear, if any, used as supporting data.

Apply equal pressure in palpating the points you consider using in your prescription. Points for treatment may be marked by pressing with the probe or by using a sterile gentian violet marking pen, or you may simply remember the points and not mark them. After palpation, such points are generally treated with an ear modality or even with the probe employed as a massage device.

Massage

Just as palpation is used for diagnosis, palpation is also used as a massage treatment by either the patient through self-treatment or by the practitioner. Ear massage is a relaxing, enjoyable, noninvasive, and clinically effective modality for the treatment of many health disorders. Massage can encompass the entire auricle or it can focus on specific treatment points. I recommend doing both.

Chinese folk culture abounds in tales of “pulling” on the ears 300 times every day to ensure a healthy life and promote longevity. Many Chinese have a story about a relative or friend who lived into his or her hundreds because they practiced ear massage regularly. A Qing dynasty text reads, “Massaging the helix with the hands for a number of times is also called reinforcing the city wall to tonify the Kidney *Qi*, prevent deafness, and treat insomnia.”²

The Chinese maintain that the ears, which pertain to the Kidney, are the direct manifestation of “fortune”—what the Chinese construe as health, wealth, longevity, and prosperity. The Chinese say, “The bigger the ear, the bigger the fortune.” Other cultures have also viewed the ear as indicative of stamina, status, a sign of Buddhahood, or even representing the seat of the soul.”³

Practitioners have their preferences and there are no set ways to massage the ear. My massage method is more of an “even” technique that disperses tension and simultaneously brings energy to (tonifies) areas of deficiency. Keep the massage simple and short. An overly complex method will be difficult for the patient or practitioner to follow and execute. Massaging the ear for too long will tend to disperse the patient’s energy.

The patient should remain silent during this treatment so that his energy is allowed to go deep into the body. If you want, you can lead the patient through a guided visualization of what you are doing and how the points correlate with the specific body parts so the patient can develop awareness about the points. However, because this is a treatment that requires quietude, avoid discussion. By treating the whole ear, all of the points are stimulated, thereby treating the person in a very comprehensive way. Preferably, overall ear massage should be done prior to the body acupuncture treatment. Massage at the end of the treatment disrupts the focus achieved through the body acupuncture, which sets the therapeutic intent. Patients love ear massage. It takes only a few minutes to administer, and based on my own clinical experience and patient feedback, has a positive effect in balancing body energetics and preparing the patient for further treatment.

Ear Massage Protocol

Make your way through the following massage steps without interruption, moving smoothly from area to area. In effect, you are treating the whole body by treating the ear. Energy is directed from the top of the body (head) downward (to the toe), and thus energy is grounded

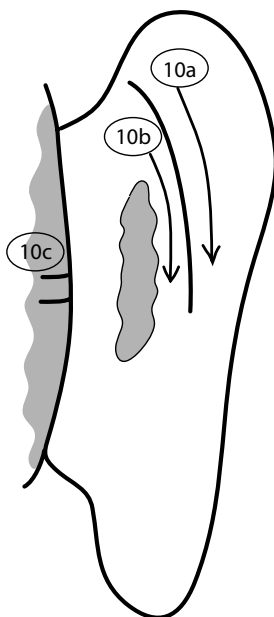


FIGURE 6.3 Ear massage directions for the posterior aspect of ear.

the way around to the crus of the helix. Massage with the thumb and the index finger while simultaneously gently pulling the ear outward and downward. (*This area corresponds to the tonsils and immunity in general.*)

3. Next put your thumb inside the scapha and massage downward toward the lobe. (*This area corresponds to the points of the upper limbs.*)
4. When you get to the lobe, massage the antitragus, front and back. Then make your way up the lower antihelix crus and into the superior antihelix crus. (*The antitragus pertains to the brain and nervous regulation, the lower antihelix crus pertain to the structures of the thorax, and the superior antihelix crus to the points of the lower limbs.*)
5. Now go into the triangular fossa, and massage it upward along its superior border, then across the upper border, and finally downward along its inferior border. Press and hold the center of the triangular fossa. (*The triangular fossa has a mix of points, many pertaining to hormonal and nervous regulation, breathing, balancing, and grounding.*)
6. Put your thumb in the inferior antihelix crus; massage downward, including the spiny portion of the lower antihelix crus. (*The lower*

antihelix crus relates to additional points in the lower part of the body. The spinal segment pertains to the sacral through cervical vertebrae.)

7. Now place your thumb in the cavum concha, and rub the points in front of the external auditory meatus. Then follow the border of the supratragic notch. Massage the points in the cavum concha as you move laterally to the lower antihelix crus. End by pressing at the deepest point of the cavum concha at the level of the intertragic notch. *(These points connect to the organs of the thorax.)*
8. Proceed to the cymba concha and massage sectors 1 to 6 in ascending order. *(These are points pertaining to organs in the lower abdomen.)*
9. Next, massage the points of the tragus in a downward manner. *(These points have a connection to the endocrine system and autoregulation.)*
10. Finally, massage the posterior aspect of the ear. Begin laterally at the hypertension groove and massage downward. Next, massage the areas pertaining to a patient's back in a downward manner and end by holding the Vagus point. *(These points regulate blood pressure and treat the back. The vagus point corresponds to the 10th cranial nerve, which regulates many body parts, and digestion and the nervous system, in particular.)*

Apart from generalized ear massage, the vigorous massage of a chosen point can be used to pretest its therapeutic usefulness. For instance, if the patient has a frozen shoulder, vigorously massage the Shoulder point in the ear with a strong dispersive technique by grasping the point firmly between your thumb and index finger and rubbing quickly for about 10 seconds. Simultaneously, instruct the patient to lift and move his or her shoulder. If the practitioner is pressing on the right point and is rubbing it vigorously, the patient, although wincing, will be able to move the shoulder with almost a full range of motion. This technique is particularly useful for locating precise points to treat musculoskeletal conditions, such as stiff neck, lumbago, arthritic joints, and more. However, this is a powerful technique analogous to needling with a dispersive technique, so prepare the patient for the painful sensation achieved with a strong *Qi* arrival attained by a dispersive hand technique. Explain that the pain will quickly pass when you stop massaging the point. The simultaneous manipulation of the point by the practitioner, along with the patient lifting and moving the affected area, is critical for therapeutic effectiveness. Often this is all the treatment that is needed if the disorder is coming from *Qi* and Blood pathologies, and it can assist in healing and restoring proper flow of *Qi* and Blood to the affected area. For instance the lumbar points may reduce pain, but surgery such as a lumbar discectomy may be required to alleviate

spinal compression. Then the treatment can be reinforced with needles or continued through take-home therapies, such as pellets and seeds and self massage.

Many disorders can be treated through the simple therapy of ear massage. Chen Youbang indicates that “ear massage/press therapy can change anoxia, regulate nonspecific immunity, and strengthen antiinfection effect.”⁴ This is certainly a simple method that has valuable local and systemic benefits for the patient.

Needles

In China, needling is the most common ear modality practiced, although seeds are also used. The Chinese prefer a thick gauge needle, such as a #28 gauge Chinese needle or a #5 Japanese needle, in order to obtain a strong *Da Qi* sensation in the ear. Fine needles are likely to bend easily on insertion and may fail to deliver the appropriate needle stimulus. However, if the patient is needle sensitive, if the ear is thin, or if the practitioner has a good needle technique, fine needles, such as #34 (#3 Japanese) or #36 (#1 Japanese) gauge, can work through simple insertion and virtually no manipulation (Figure 6.4).



FIGURE 6.4 Ear needles.

Short needles, such as half-inch (15 mm) needles, should be used, since the points in the ear have a shallow depth of insertion. In general, the longer the needle, the more likely it is to fall out because of its weight in relation to the depth of needle insertion. If it falls out, it can tear delicate ear tissue. Choose the correct gauge and length of needle for ear treatment.

To initiate treatment with needles, swipe the patient's ear with an alcohol prep or a cotton ball wet with 70% isopropyl alcohol. You can ask the patient to swipe his or her own ear. This simple step involves the patient in the treatment process, which is a useful treatment strategy. Let the alcohol dry naturally. Because of the strength of the ear response when it is treated and the powerful manner in which the *Qi* and Blood are regulated in the ear with the exception of massage, normally only one ear is needled or treated with any ear modality.

Next, stabilize the patient's ear by supporting the back of the area to be needled with the nondominant hand. Care must be taken not to penetrate through the ear with the needle, so feel the thickness of the patient's ear as you prepare to treat. Position the hand holding the needle as closely as possible to the point to be needled. With a half-inch needle, use a freehand insertion. An insertion tube is not needed for needling ear points, all of which have a very shallow depth of about 0.01 inch. Freehanded insertion is more accurate in such a small spatial field. When released, the needle should be firmly embedded in the tissue and not left hanging in the ear, which is an improper needling technique that causes pain, tears tissue, and does not allow for tonification or dispersion to be applied to the needle.

The secret to reducing pain either in the ear or in the body begins with the rapid speed of insertion. This swift motion allows for firm penetration of the outermost layer of the skin. The free nerve endings that register pain are embedded in the epidermis or outermost layer of the skin. Slow needling causes pain because the needle lingers as it passes through this area. Also, when there is pain, patients typically move to try to get away from it. The skin in the point can then tear as the patient moves from the needle.

After insertion, press the needle slightly into the point and then rotate manually with small amplitude in order to obtain *Qi*. The *Qi* in the ear typically arrives quickly if the ear point location is correct. Various *Da Qi* sensations may be elicited in the ear, but from a clinical standpoint the Chinese maintain that the most desirable sensation in terms of clinical effectiveness is heat. Other sensations, similar to the arrival of *Qi* in the body, include soreness, tingling, referred sensation, numbness, distention,

heaviness, awareness of energy, a mild electrical feeling, warmth, mild throbbing, and a spreading or jumping sensation. Patients may be inclined to report that they feel the needling as painful. Indeed, because of the amount of *Qi* converged in the ear as well as the ear's degree of vascularization and innervation, one may be inclined to describe the sensation that way. At this point, you should educate the patient as to the meaning of the feeling; that is, the perception is *Qi* obtained through proper needling versus pain. Most of the time *Qi* arrival in the ear is strong and swift.

If the *Da Qi* sensation (*Qi* arrival) is not perceived, and the point location is correct and the needle is firmly embedded in the point, the angle of insertion of the needle can be adjusted by making it more oblique, directing it upwards or downwards, or medially or laterally. True pain will be elicited through improper needle technique. Which direction to alter the needle is virtually impossible to predict or to standardize. The practitioner is encouraged to practice and develop a proficient needle technique and to gain his or her own experience with *Qi* arrival techniques. However, most points are needled perpendicularly.

Without delay, as soon as the *Qi* arrives, proceed to tonify or disperse the point, depending upon your treatment plan. While David Legge claims that auricular acupuncture tends to have a dispersive technique,⁵ and this is true when a dispersive needling technique is employed, if too many needles are used, or if retention time is too long. Many others, including myself, assert that auricular acupuncture is used both to tonify and disperse. Perhaps the best tonification technique in the ear is simply to exert a small twist in a clockwise direction. To disperse, use a more vigorous rotation or turn in a counterclockwise direction. If rotating the needle causes pain (versus *Qi* arrival), turn the needle the opposite way. In this case, Helmut Kroppej recommends rotating the needle once clockwise and once counterclockwise.⁶

If there is persistent pain at the site of needling, remove the needle and consider other points or other methods to use. If a sticking sensation is felt upon needle manipulation, the point is still in need of treatment. Once that tension is relieved or worked out, the affected part is considered treated. Often during treatment the needle that was originally firmly in place falls out of the point. What has occurred is that the *Qi* has arrived and has expelled the needle from the ear. This means that the work of the needle has been accomplished.

Due to its rich vascularization, the ear may bleed easily when needled. If bleeding occurs, allow the ear to bleed instead of trying to stop the flow. Absorb the droplets with a sterile cotton ball. Wear gloves to guard against the transmission of blood-borne pathogens. Purposeful ear bleeding is an ear acupuncture technique that is discussed later in this chapter.

A small number of needles are often sufficient to produce decisive results in treatment. Several needles are sometimes inserted into the same point for added therapeutic effect. Some practitioners let their patients leave the office with an ear needle in place. In that case they need to be told what to do in the event of ear bleeding and how to dispose of the needle properly. This is not a technique that I employ or advocate, as there are numerous other take-home modalities from which to choose.

Needles are typically retained for 15 to 20 minutes. However, in acute cases needles may be left in for several hours without depleting the body's energy. Due to its soft composition, I prefer not to needle the ear lobe. The needle is not as well retained in the lobe as it is in the cartilage or in the connective tissue of the upper aspect of the ear, so other modalities can be selected to treat points on the ear lobe.

Ear Seeds and Herbal Plasters

In contemporary China, ear seeds are a standard way in which much auriculotherapy is administered for virtually every treatable condition. The most commonly used seeds, *semen vaccaria* or cow's herd seeds, are not chosen for external use due to any inherent medicinal property. Rather, these seeds are chosen because they are plentiful, inexpensive, and of appropriate size and density to deliver a strong stimulus when pressed (Figure 6.5). Recently, sterilized *semen vaccaria* seeds attached to adhesives (called ear plasters) have become commercially available for ease of administration. If you use loose (bulk) ear seeds, take care to sterilize the seeds before use; otherwise infection can ensue from dirty, unsterile seeds. This technique is not recommended because it is impractical,



FIGURE 6.5 Ear seeds.

time consuming, and risky. Commercially available seeds are inexpensive and expedite treatment. Place tape over the seed to secure it in the ear. Sometimes in China mustard, radish, or perilla seeds are used.

Ear seeds can be attached to all points in the ear. An effective technique to reinforce a point is to place one seed on the anterior surface of the ear and put another exactly opposite it on the posterior surface. In this way, when they are rubbed together, a stronger stimulus is delivered through the heat produced by friction. This technique is especially useful when treating the ear lobe.

To apply the ear plaster, pick up the plaster with a pair of forceps or tweezers and affix it to the ear, which has been previously cleaned with alcohol and allowed to dry. The average retention time of the seeds is 3 to 5 days, as long as they do not become wet or humidity levels become too high. Instruct the patient to keep the ear seeds dry by covering the ear with a towel or shower cap when washing or showering. Seeds should be removed if the stimulus becomes too painful or if the ear feels irritated. Patients are instructed to press on the seeds 3 to 5 times a day for 3 to 5 seconds at a time. To remove the seeds, the patient just needs to peel back the tape and the seed will follow.

On occasion, seeds are dipped in medicinal substances, such as placenta or certain herbs, and applied to the ear in the same manner. This method has the added therapeutic benefit of conferring the healing properties of the herbs as well as the benefits of ear treatment.⁷ Other substances include mashed garlic and black pepper, fresh mashed ginger and pepper, and others.⁸

Clinical Note 1

“The authors corrected the abnormal fetal position in 413 cases of pregnant women by the auricular-plaster therapy with a success rate of 83.3%; remarkably higher than treatment by knee-chest positioning.”⁹

Clinical Note 2

“To relieve the discomfort due to gastrointestinal dysfunction following abdominal operations, auricular-plaster therapy (in combination with ST 36 [*Zusanli*]) restored normal peristalsis within 72 hours in over 92% of the cases involved. This was compared with a 46% rate in a control group suggesting that this combined method may promote postoperative recovery of intestinal function.”¹⁰

Ear Pellets

Ear pellets (or BBs) are a convenient method for administering an ear acupuncture treatment (Figure 6.6). It is my favorite method of ear delivery. The BBs come in sterile silver, gold, titanium, copper, and stainless steel. They are affixed to either clear or flesh-colored plasters that can easily be applied to the ear by picking up the BB with tweezers or forceps. The size of the BB is perfect for discrete stimulation of the point and almost unnoticeable in the ear.

Clinical Note 3

Which metal to use is a common source of confusion. These guidelines are important to follow. Points that are indicative of a deficiency require gold for treatment, while those indicating an excess necessitate silver. Use gold for pain from exhaustion, hypofunction, or pain that increases when the specific action of the auricular point is called into function. Silver is used for pain caused by hyperfunction, trauma, or pain that increases at rest and improves with movement. If you are not sure what metal to choose, palpate the points with an ear probe. If the pain created by contact with the probe radiates over a large area of the ear, an excess condition of hyperfunction is indicated and silver will disperse the pain. If the pain only radiates over a limited area, use gold. I have no clinical experience with stainless steel, copper, or titanium BBs. Stainless steel and titanium pellets have a neutral, balancing property and can be used either way, with the therapeutic action achieved via the stimulus versus the quality of the metal. Copper, like gold, as a yellow metal is used for tonification.

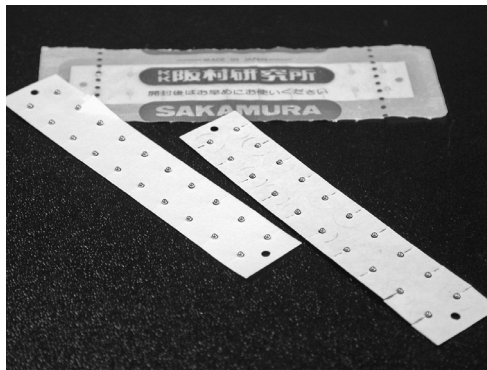


FIGURE 6.6 Ear pellets.

Helmut Kropej notes in discussing the metallurgic properties of needles “although there is no definitive scientific proof as yet to the different effects of gold and silver needles, we can state that the action of precious metals is based on their own electrical potential. Gold has an electrical potential of +0.285 and silver of only −0.048 on the basis of the hydrogen electrode. This potential is, however, increased by the contact potential after insertion of the needle into the tissue, resulting in an even greater potential difference.”¹¹

He also says that, “in contrast to body acupuncture, incorrect selection of the metal of the needle manifests itself in the ear with immediate intensification of the peripheral complaints. This is the result of ear acupuncture reflex action. The error can be corrected by using a different metal.”¹² The same can be said of ear pellets.

The practitioner should provide the same written instructions to patients in regard to retention time for the pellets, how to press, how frequently, how long, and also to keep the area dry.

Ear Tacks

Ear tacks are another modality that is somewhat similar to seeds and pellets. They look like small thumbtacks and come in several sizes: extra small, small, medium, and large. In general, the bigger the tack, the stronger the stimulus obtained in the ear. Extra small or small-size tacks seem to be the most comfortable for patients, yet still offer a suitable stimulus. The tacks come affixed to flesh-colored tape and can be applied to the ear with tweezers or forceps (Figure 6.7).

Because ear tacks pierce the skin, only retain them in the ear for a limited amount of time so that infection does not occur. The typical



FIGURE 6.7 Ear tacks.

retention time is theoretically 3 to 5 days. Because their stimulus is so strong, a few hours to a day may be all that the patient can tolerate, and that is sufficient time. Exposure to water through swimming, bathing, or high humidity levels can increase the risk of infection. Inquire about the patient’s lifestyle (for instance, does the patient swim frequently, etc.), and adjust the tack retention time accordingly. The ear normally replaces its epithelium about every 5 days, so sometimes the needle may be automatically extruded. These instructions are summarized in Table 6.2.

Patients should be given a similar instruction sheet (Table 6.2) to educate them about ear therapy, to encourage their compliance with

Table 6.2 Home Care for Your Ear Treatment

Ear acupressure treatments include the placement of pellets, seeds, or tacks on specific points of the ear to prevent or to treat disease or pain. They may be used as an adjunct to regular acupuncture treatments, used to enhance and prolong its effects, or used alone as the primary form of treatment. Ear treatment is an important aspect of healthcare. In order to ensure optimal results, please follow the guidelines detailed below:
1. Press gently and rhythmically on the ear pellet, seed, or tack 3 to 5 times a day for several seconds. This should produce a mild sensation of heat, distention, heaviness, or soreness. The sensation is a sign that the treatment is working. Do not press for longer than 3 to 5 seconds each time as irritation may develop.
2. When bathing or swimming, it is important not to get the ear wet. Wrap a towel around your head or use a shower cap that tightly covers the ear. A cotton ball loosely placed in the ear is also helpful when you shower.
3. All ear therapies should be replaced every 3 to 5 days. This not only ensures the best results, but also protects the ear against infection. It is important that you follow your practitioner’s advice on when to return to the office to have the ear therapy changed.
4. Important note: If the ear therapy becomes too painful, carefully peel back the tape. The tape will come off along with the seed, pellet, or tack. If the ear therapy comes off accidentally, do not attempt to replace it yourself (unless you are sure where it goes), as you may place it on an incorrect point.
5. When removing the ear therapy, some bleeding may occur, although this should not happen unless you have been pressing too hard on the point. Be prepared for this by having a cotton ball in your hand as you remove the tack, seed, or pellet. Press the point lightly to absorb any blood, and then dispose of the blood-tinged cotton ball in the garbage. If someone else is removing your therapy, they should wear disposable gloves to guard against infection that can be transmitted through the blood.
6. The diagram (Figure 6.8) shows the location of your ear therapy. You have _ seeds, tacks, or pellets in your ear.
If you have any questions, please do not hesitate to contact your practitioner.

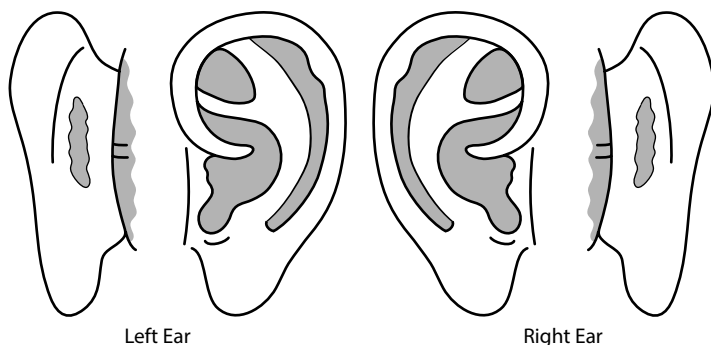


FIGURE 6.8 Ear therapy illustrated in the left and right ear.

the modality, and ensure their safety. Practitioners are encouraged to make their own form for patient treatment, or you can use this one (also found in Appendix D).

Intradermal Needles

Intradermals are small, fine needles that can be embedded in a point or an area (Figure 6.9). They are an excellent choice for threading (i.e., connecting) points in the ear. The most common areas for intradermal needle use are points that are large or on an area such as the Constipation area or various vertebral segments.

Intradermal needles are sterile and come in various lengths. The most common lengths are 3 mm and 6 mm, with the longer needle indicated by the higher number. Choose the size that best matches the affected area.

Before inserting the intradermal needle, clean the ear with alcohol and allow the ear to dry naturally. Peel back the packaging of the needle and pick up the needle with your tweezers or forceps positioned at a 90-degree angle to the needle. This angle allows you to easily insert the needle into the point. The needle can then be covered with a small piece of tape to keep it from bending, falling out, or getting wet, which could lead to infection. Intradermals may be “piggybacked” (i.e., arranged back to back) in order to treat an area such as the lumbar vertebrae or any spinal segment.

If comfortable, leave the needle in for 2 to 5 days, then have the patient return to you for removal. Because intradermals are implanted subcutaneously, they must be pulled out in a particular direction. Thus, the main disadvantage of an intradermal needle is that the patient must return to the office within 3 to 5 days, or earlier if the patient experiences any discomfort.



FIGURE 6.9 Intradermal needles.

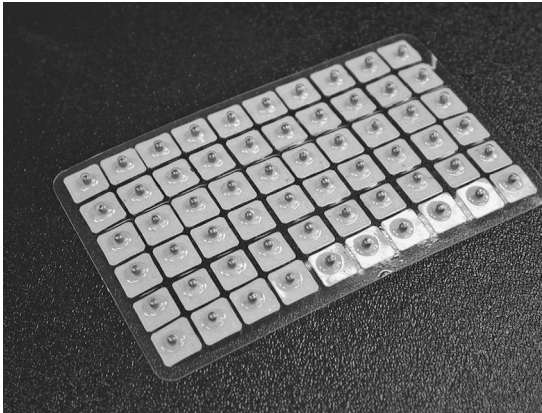


FIGURE 6.10 Ear magnets.

Magnets

Magnets are a modern and effective method of auricular treatment administration (Figure 6.10). They are comfortable to wear, do not pierce the skin, and can be removed at bedtime or as needed due to symptoms such as discomfort. There are different sizes and types of ear magnets, so consult the manufacturer's instructions for product use. Magnet therapy instructions should be provided to patients (Table 6.3). There are some contraindications to magnet use and these are described in the Home Care for Magnet Therapy Form that is also included in Appendix D. You can also make your own form for magnet treatment.

Table 6.3 Home Care for Magnet Therapy

Your practitioner has prescribed ____ magnets for you. Wear these for 4 to 6 hours during the day for as long as prescribed by the practitioner. Remove the magnets if they are in any way uncomfortable. If you have a pacemaker, defibrillator, ear implants, are pregnant, or have any metal implants in your body, you should *not* use magnets. Do *not* wear magnets if you are sensitive to electromagnetism or are an epileptic. Remove all jewelry when wearing magnets, especially ear jewelry. If your symptoms worsen, remove the magnets. Never wear the magnets to bed, as they may fall off, stick to a different or inappropriate ear point, or fall into the ear canal. Remove magnets before receiving X-rays, MRIs, or other similar diagnostic techniques. Magnets are for single patient use. Do not share with other people.

If you have any questions or problems, please contact your practitioner.

Electricity

Electricity is one of the most common methods used in auricular medicine. Many research studies relate to the use of electroacupuncture for the detection and treatment of illness. Many healthcare professionals use electric stimulation for both diagnosis and treatment of the patient. However, I personally do not like using electrical machines for treatment. There are voluminous journal articles and books that expertly discuss this modality in depth. A considerable number of these can be found in the bibliographies listed at the end of each chapter.

If you have an electrical acupuncture machine with a point detector, such as an AWQ 100B, you may use the probe to scan the ear. Do *not* swab the ear with alcohol prior to performing this step, as the alcohol removes pathology in the ear, such as suppurations, and changes the electrical potential in the ear, which is what the electrical apparatus is trying to detect.

Scanning of the ear can be used diagnostically for detection of possible pathology. Low electrical resistance, or inversely stated, increased (higher) conductivity, can be detected on acupuncture points on the body and on the ear. When pathology develops, the auricular point representing the diseased organ or body part has an even higher degree of electrodermal activity. This increase in conductivity registers with the electrical machine as a beep. Katsusuke Serizawa explains, “Studies on the response of the viscera to auricular points have shown that a change in electroconductivity of corresponding auricular points may be induced by a pathological change in certain regions of the organism. The extent of this response is directly proportional to the degree of the seriousness of the disease.”¹³ Interestingly, Joseph Helms writes, “electrical instrumentation does not distinguish

between old and new problems. However, pain is most likely to be an added characteristic for the active point.”¹⁴

As you systematically touch the points in the ear, carefully apply equal pressure or the points may register differently. If an area is pressed repeatedly, changes in electrical resistance develop. Other factors, such as age, weather, excess perspiration, excess wax accumulation, and even a history of working indoors affects the electrical resistance in the ear. For these reasons, electricity is not my preferred method of treatment.

Clinical Note 4

Electroacupuncture is absolutely contraindicated for patients with pacemakers or defibrillators, as it has been shown to electromagnetically interfere with pacemaker function. Electroacupuncture should not be used on patients who cannot tolerate a strong stimulus. To achieve an anesthetizing effect, electroacupuncture is the modality of choice but be cognizant of contraindications. How to use this method for anesthetization is beyond the scope of this discussion.

Clinical Note 5

A recent study made an important acupuncture diagnosis correlation with decreased electrical resistance connected to tired patients. This tiredness can be construed of as *Qi* vacuity or deficiency.¹⁵

Bleeding

Bleeding is an effective ear modality when applied to certain ear points. The therapeutic effects of bleeding are fourfold:

1. Reduces excess Heat and Fire
2. Brings down *Yang*
3. Stimulates *Qi* and Blood flow
4. Moves stagnant *Qi* and Blood

Ear points may be bled when these strategies are required. Specifically, the Hypertension points in the ear may be bled if the patient's type of high blood pressure is an excess type, such as Liver *Yang* rising with Heat. High blood pressure due to Kidney *Yin* deficiency would not benefit from this type of modality, and in fact could weaken the patient. Ear points that exhibit signs of Blood stagnation, such as petechiae

or red spots, may be bled. For instance, a red spot on the Upper Lung point may appear when the patient has a sore throat. It could be bled to relieve the sore throat. Certain points, such as *Shenmen* and Occiput, are more likely to bleed than others. This method is contraindicated for patients with a history of bleeding disorders. Keep in mind that the ears of patients with high blood pressure may bleed more easily than those with normal blood pressure.

Position the patient in a reclining position to bleed. Gloves are worn by the practitioner for protection from contact with the patient's blood. Massage the ear to promote capillary congestion, which will assist in bleeding by increasing blood flow to the ear. Select a regular 28-gauge, half-inch acupuncture needle, just like the needle used for ear acupuncture. Medical lancets, which are sometimes used to bleed body acupuncture points, are too big, will induce too much bleeding, and increase the chance of infection of the ear. Puncture quickly and to the same depth as the recommended needling (0.01 inch). Absorb the droplets of blood elicited by placing a cotton ball over the point and pressing lightly. This small amount of blood-tinged cotton may be disposed in the garbage basket. Do *not* bleed more than three points at a time; bleeding one point is the norm and is often sufficient.

Clinical Note 6

“Chinese clinical studies, particularly in the areas of treating infantile tetany, infantile epilepsy, and headache have shown that bleeding therapy is an effective modality. It can be applied to the capillaries on the dorsum of the ear to reduce the pathogenic evil from all the *Yang* meridians, and promote the function of resuscitation, sedation, analgesia, and relaxation.”¹⁶

Moxibustion

Moxa provides the powerful therapeutic effects of tonifying the *Qi* and *Yang*, removing Cold, and increasing the flow of *Qi* and Blood in the channels. Generally speaking, moxa is not used for most points in the ear due to the relatively small size of the ear points and the large size of most moxa instruments. Incense stick-size moxa is convenient in treating such small points. Typically a small incense stick is substituted for moxa. Hold an incense stick over the Common Cold point to treat a cold or, preventatively, to deter a cold. If needles are inserted in the ear, the incense stick may be held over the needle handle to conduct heat into the point. Facial paralysis, ophthalmic pain, mumps,

painful *bi* syndromes (painful obstruction), herpes zoster, and auricular chondritis are well treated with auricular moxibustion. Moxa smoke can be blown into the ear to treat earache.

Incisions and Sutures

Incisions are an old Chinese technique whereby small cuts are made into the skin of the ear in order to “activate” the function of the point. This method is sometimes called auricular scratching or cutting therapy. The healing mechanism initiated by the incision is the same mechanism that stimulates the incised point. Sometimes herbal substances are implanted into the cut to confer the therapeutic properties of the herbs. This treatment method falls into the area of surgery. It is too drastic for most patients and conditions, and is not legal for most acupuncturists to perform. Consult the scope of practice that applies to your state.

Low used a similar technique involving sutures for the management of withdrawal symptoms. With this technique, catgut, along with nylon thread and a steel bead, were implanted to stimulate the point. This method is somewhat radical, and would also be construed as surgery. Chances of infection are increased with these invasive methods.

Injections

Injections are a possible method of ear therapy. Injections involve the administration of various substances into acupuncture points to stimulate the physiological functions of the points through the pharmacological properties of the injected substances. Common injectables include saline (which simply stimulates the point); vitamin B₁₂ (for nerve enrichment); lidocaine and procaine (for pain); placenta (to nourish *Qi*, Blood, and Essence); various Chinese herbal solutions, such as carthamus and ligustrum (most of which have the property of moving *Qi* and Blood); and homeopathic substances for their specific properties. A disadvantage of ear injections is the pain caused from the size of the hypodermic needle in relation to the size of the ear, as well as the pain caused by the injected substance (particularly alcohol, which is in the Chinese injections). Injection therapy is not allowed in many states so consult your state law for your legal scope of practice.

Clinical Note 7

In treating functional bleeding of the uterus, small amounts of vitamin K₃ were injected into the Diaphragm point. The Diaphragm

point was chosen because in traditional theory, the diaphragm is the point where the Blood meets and can be directed to the proper meridians. Therefore, that point is indicated for treating diseases caused by bleeding due to Evil Heat in the Blood. Vitamin K₃ promotes circulation and removal of Blood Stasis and lets the Blood go back to its original meridian. The Uterus point was injected with 0.1 ml of vitamin K₃ with a 1 ml syringe and #5 g needle. The procedure was repeated every 3 to 4 days. The total success rate was 97% with results ranging from full recovery (48 cases), marked recovery (12 cases), some alleviation (8 cases), and unsuccessful (2 cases). The majority of patients experienced a general decrease in bleeding after the initial treatment, a marked decrease after the second treatment, and bleeding was eventually checked after the third or fourth treatment. Follow-up observation found no reoccurrence in most cases and a return to normal menses.¹⁷

Laser

The cold laser has been found useful for conditions treatable through the ear. Since the laser is a form of light therapy, the laser does not pierce the skin, infection and cellulitis issues are essentially moot, and the therapy is painless. In addition, the laser can precisely target the point. Because of these features, more investigation into the use of laser auriculotherapy merits consideration.

Clinical Note 8

“A 1990 study showed that treatment with the helium-neon auriculotherapy laser can increase the experimental pain threshold and suggests a possible alternative for patients intolerant of transcutaneous electrical nerve stimulation.”¹⁸

Staples

Staple puncture is a technique that was used in early studies on auriculotherapy. Sacks developed the staple acupuncture technique. With this modality, a surgical staple is placed in the ear, thus allowing for the puncture of two points. Sacks maintained that the staples could safely be retained in the ear for 2 weeks. This procedure is analogous to incisions and sutures in terms of its invasiveness and would be considered a surgical procedure today.

Plum Blossom Needling

Plum blossom needling therapy of the auricle is sometimes used to induce bleeding for the various therapeutic usages of bleeding. Care must be taken to protect the auricle from infection with this method when one selects the plum blossom needle, a hammer-like tool, to tap the ear, as infection could develop when the small holes are produced in the ear skin. Points on the lobe are most commonly treated with this method.

New Modalities

Since 2004, when the first edition of this book was published, new ear modalities have appeared in the literature. These include semipermanent needles for take-home therapy, titanium needles for patients sensitive to other metals, earrings worn on treatment points, disposable electro stim, and the ear pen that delivers an electrical charge to the treated point. I have worked with the ear pen and it is easy and convenient to use. For more information on these modalities, consult the selected bibliography at the end of this chapter and the complete new bibliography at the end of Chapter 10.

Which Side of the Ear to Treat?

There are no hard and fast rules regarding which side of the ear on which to *begin* treatment. Ultimately, the goal is to simply treat in the most effective manner possible. However, since one needs a starting place, the following guidelines are offered:

- If a problem is not confined to one particular side (for instance, the patient has insomnia or a menstrual disorder versus a right-sided shoulder problem), treat the right ear in a woman and the left ear in a man. This treatment protocol corresponds to gender in Oriental medicine where the right side and females are considered *Yin* and the left side and males are *Yang*. Use this approach provided there is no surface or visible pathology that would contraindicate treatment; for instance, a rash or skin irritation on that side of the ear that would preclude treatment at that location.
- If the problem is musculoskeletal or pertains to a particular side of the body, treat the same ear as the side the problem is manifested on. For instance, if a patient has right-sided knee pain, treat the right ear. However, there are times when the opposite ear

works better. For instance, a patient may have left shoulder pain in the area of LI 15 (Large Intestine 15 *Jianyu*). Because the Large Intestine meridian's divergent channel exits from LI 15 and crosses as it traverses to the face, the right ear may be more effective. This style of needling, called contralateral needling, is useful in both body and ear acupuncture.

- After treating the patient with needles in one ear during a session, you then choose to affix pellets or other modalities to reinforce that treatment for take-home purposes, treat the opposite ear so as not to irritate the ear that was needled.
- Consider patient lifestyle variables or the condition of the ear, for example, if the patient sleeps exclusively on one side of the body, has a job talking on the phone for long periods and primarily uses one ear, or has a hearing aid, multiple ear piercings, or jewelry that is difficult to remove. Select the opposite ear to treat in these cases or do not treat at all.
- When the patient returns for the next treatment in a series, alternate ears and use the opposite ear in order to reduce irritation and chances of infection.

Therapeutic Result

With all of the auriculotherapy modalities outlined, the following therapeutic outcomes can occur:

- The complaint and its manifestations or pain may disappear in seconds.
- The problem may take a few days to resolve if the disorder is an organ problem.
- The condition may worsen in sensitive patients. Depending upon the symptoms, this aggravation may constitute a healing crisis or the therapy may not be suitable for the patient.
- Acute disorders tend to improve faster than chronic ones.
- Endocrine disorders are most likely interrelated; hence, several points that affect the endocrine system are required in a prescription.
- Diseases of the *Yang* organs tend to heal faster than the *Yin* organs. Because *Yin* organs are solid in nature, they are more difficult to heal.
- Regardless of the modality chosen, the patient can feel tired after treatment. Allow the patient to rest in your office so he does not leave in a mentally or physically drained condition.

Auriculotherapy is one of my favorite methods for treating the elderly or those who like added reinforcement and/or extended benefit from treatment, as well as for the treatment of musculoskeletal and internal organ problems.

“According to a series of analyses of therapeutic results of 14,886 cases, ear needling was found to be effective in 90.1% of cases,” writes Katsusuke Serizawa.¹⁹ As has been discussed, if there is a corresponding body part that is impaired, such as the knee or shoulder, and that part is mobilized simultaneously with the vigorous massage or needling of the point, the therapeutic effect is even better.

A nice way to end your treatment and to engage in patient education is to summarize what you accomplished together. This can be done by using a Patient Handout Plan Form such as the one found at the end of this chapter.

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Patient Handout Plan—About Your Visit

For:

Date:

Practitioner:

It was a pleasure for me to assist you today with your healthcare needs. I trust that your experience was helpful and I look forward to participating in your future healthcare.

During your visit we discussed:

- 1.
- 2.
- 3.

Please call if your symptoms do not improve or worsen with this plan of treatment.

Your next appointment is on: _____

7. Ear Diagnosis and Morphology

Objectives

- Discover how to perform ear examination and treatment
- Differentiate the characteristics of the normal ear and the unhealthy ear
- Identify the most common general signs of ear pathology
- Test how to synthesize an ear diagnosis by combining pathology with the points on which it is located
- Evaluate the most common signs of ear pathology in each organ or body part

Introduction

Because of the reflexive property of the ear, various spontaneous reactions may appear on the auricle when there are disorders of the internal organs or other parts of the body. Such reactions include variations in shape, color, size, and sensation; the appearance of papules, rashes, and discolorations; and increased tenderness or decreased electrical conductivity. Points that are pathological have decreased resistance and hence increased electrical conductivity. Nogier's "winning sign" is confirmatory of an exact ear point. The winning sign can be interpolated by voluntary movement of the legs, arms, or head.¹ Close observation of these changes increases the practitioner's ability to diagnose and treat the patient, both preventatively and concurrently.

Ear diagnosis provides all of the following advantages:

- Allows for the early detection of an illness or disharmony including genetic predispositions
- Offers a rapid means for the diagnosis of a disorder
- Corroborates the existence of an illness
- Monitors pathological deterioration or improvement of a disorder

Ear diagnosis can be conducted in three ways: through inspection, palpation for tenderness, or electrical detection.

This chapter emphasizes inspection, which is the primary ear diagnosis method that I use. I palpate for tenderness as a physical way of collecting data for my diagnosis if it is not corroborated by other methods.

I do not use the ear-pressing method through electrical detection, as false positives can be obtained from factors such as humidity levels, uneven pressure on the ear points, and more. The physician can incorporate ear diagnosis into the physical examination, along with tongue and pulse evaluation and other methods of diagnosis, as a way of learning more about the patient. (For other books and articles discussing these methods in depth, consult the bibliography at the end of this chapter.)

How to Inspect the Ear

To interpret abnormal ear findings, one must first have an appreciation of the characteristics of the normal ear and how to systematically examine it. The practitioner may select any of the following methods discussed here as a starting point. You do not need to adhere to this order all of the time because we want to follow the Chinese maxim of “treating what we see.” Humans, as energetic beings, present differently at different times.

1. Prior to ear diagnosis, do not clean the ear with alcohol as this procedure changes manifestations in the ear. Ear cleansing removes pathological suppurations or scales, or changes the electrical conductivity of the ear. If you see an abnormal color in the ear, it is probably a positive pathological sign. Try to coordinate it with your other diagnostic data. If you are not sure the pathology visible in the ear is accurate, press on the point with the ear probe. If the color does not disappear upon pressure, which it most likely will not, it is pathological. If the point is tender upon palpation tenderness additionally confirms that the observation is pathological.
2. In performing ear diagnosis, carefully and systematically scan the ear from top to bottom, from medial to lateral, and from front to back. Remember to inspect the back of the ear as well as the underside of the tragus, the antitragus, and the helix. Peruse the ear looking for the most common presentations of ear pathology found in the charts in this chapter. Make a list of your findings on your diagnosis form. As the patient's condition improves or declines, ear pathology changes as well.
3. According to the Law of the Unity of Opposites (*Yin/Yang* theory), conventionally ear diagnosis is initially performed on the side of the body that corresponds to the patient's gender. Since the right is *Yin* and relates to females, ear diagnosis is performed on a

woman's right ear. Since the left is *Yang* and male, ear diagnosis is performed on a male's left ear. However, anatomy is not destiny. Therefore, pay close attention to any anatomical morphology you see in both ears. Such morphology can indicate an existing condition or a constitutional tendency and allows for a comprehensive diagnosis.

4. If the patient complains of pain on a certain side of the body (i.e., right-sided elbow pain), regardless of gender, inspect the ear on the same side of the body for pathology (in this case, look at the right ear). However, pathology can appear in the opposite ear. This is due to channel and collateral pathways crossing the body at divergent points as well as the bilaterality of the twelve main meridians. For instance, because the Large Intestine's divergent meridian emerges from the shoulder at LI 15 (Large Intestine 15, *Jian Yu*) and crosses over to the opposite side of the body, right-sided tooth problems may appear in the left ear at the Lower Tooth point. Thus, inspecting the ear on the opposite side of the complaint is an option. Ideally, the practitioner inspects both ears in order to learn as much as possible about the patient.
5. Try to connect the pathology you see with the patient's major complaint, accompanying symptoms, other active complaints, past problems, or family medical history. In virtually every ear there is some pathology, especially in older patients. Data derived from inspection of the ear and the patient interview helps focus one's diagnosis.

Clinical Note 1

In general, the more chronic the problem, the more likely the ear morphology will change. For instance, chronic musculoskeletal disorders show up on the ear versus short-term problems.

For example, a diagonal crease in a certain place on the ear lobe is called Frank's sign (Figure 7.1). This particular crease indicates heart disease, stress, and high cholesterol. If you see this groove, ask the patient if he or she has any "Heart" pathology. In particular, ask about high cholesterol, stress, and any diagnosed heart problem that he/she may have or that runs in the family. According to classical Oriental theory, such pathology indicates more than the obvious physical heart problems and covers the domain of functions that relate to the Heart in Oriental medicine. Therefore, ask questions such as, "Do you have tightness in the chest, chest pain, palpitations, profuse daytime sweat, chronic



FIGURE 7.1 Frank's sign.

persistent cough, insomnia, memory or concentration problems, or emotional problems?” If the patient says no, check his or her pulse, tongue, and complexion, which also may indicate heart conditions. If the patient still does not make an affirmative answer, inquire about any family history of heart problems. The patient may have a genetic predisposition to heart problems, even though bodily signs and symptoms have not yet developed and they may never develop due to lifestyle factors. Thus, the ear can be a valuable tool in revealing constitutional predispositions.

At first, patients might answer your questions in the negative. However, probe more deeply. Patients frequently report back at a later time that after having thought about your questions they do indeed have some of these conditions or that the conditions run in the family. These disorders simply were not at the top of the patient's list of complaints at the time of questioning.

The Characteristics of the Normal Ear

1. Normal ears should be similar in size and placement to each other, and should move freely and painlessly when massaged. Ideally, the normal ear is firm but flexible, not too soft, not too thick or

- too hard. Prominent and pendulous ears in the elderly are a sign of atrophy and aging, and normal for that age group, an index of their declining *Qi*.
2. The auricles should be free of scales, redness, and inflammation, have normal moisture, be clean, and of the same color as the rest of the skin on the body. The helix should have a reddish hue. As mentioned earlier, according to Oriental medicine, the ear is related largely to the Kidney. Scholar Manfred Porkert states, "Thus it is the outward appearance of the ear that may orient us on the state of the constitutive, unborn energies deposited in the *o. renalis* (kidney). The ear conch should be moderately fleshy, with a subdued luster that indicates sufficient *Qi nativum* (congenital *Qi*)."² Hence the condition of the ear tells us about the health of the Kidney, the root *Qi* of the body, and the basis of immunity.
 3. Prior to treatment, clean the ear with 70% alcohol. Normal earwax or dirt will be removed easily; otherwise, the deposit may be pathological.

The Abnormal Ear: Ear Pathology and Its Clinical Differentiation

Many illnesses have as a defining characteristic an abnormal presentation in the external auricle. This should not be surprising since the ear reflects the condition of the entire body. Based upon embryogenesis, the ear has a convoluted surface morphology and has the highest density of acupuncture points in the body. It is an index of malformation in other organs. I recommend that any auricular anomaly should prompt the practitioner to inquire about malformations in other parts of the body. Manifestations of pathology in the ear include the following characteristics:

- Asymmetries
- Abnormal color including erythema, flushing, paleness, bluish-black coloration, brown spots, hyperpigmentation
- Excess moisture or oozing rash
- Abnormal hair growth
- Birthmarks
- Engorged blood vessels and abnormal blood color (blue, red, or purple)
- Dilated capillaries, varicosities,, and capillary clustering
- Boils, blisters, warts, lesions, moles, papules, pimples
- Bruises

- Dark spots, petechiae
- Depressions, grooves, creases, Frank's sign
- Swelling, edema, puffiness, bloating
- Prolapses
- Dry, scaly, leathery, withered skin, skin abrasions, erosions, skin breakdown, desquamation
- Detached ear lobes, ears that move, high ears, ears that stick out, small ears, long ears lying close to the head
- Pathology of the helix, conchas, or antihelix crus
- Red veins on the posterior aspect of the ears
- Hard nodules or calculi on the rim of the auricle or on the outside opening of the external auditory meatus
- Fleshy, scaly, painful, crusty lesions
- Knots, lumps, bumps, growths, protuberant stripes, ridges
- Scars
- Shiny spots
- Shriveled, shrunken ears

The most common signs of point pathology that I have learned from my clinical experience are summarized in Table 7.1. Part 1 of the chart offers general pathology and Part 2 is more specific. To use this chart effectively for diagnosis, combine the pathology (i.e., redness) with the point on which it is found (i.e., Lung) to construct the proper diagnosis, which would be Heat in the Lungs. This simple process of combining the abnormal finding with the point on the ear promotes rapid and accurate diagnosis. Reasoning process over memorization is encouraged so that one is free from memorizing and/or having to consult written lists of pathology. Thus the practitioner learns to quickly infer the clinical differentiation presented in the ear.

For instance, red signifies Heat and Heat Stasis. Let us say that you see a red mark on the Stomach area. This suggests the broad category of Heat or Heat Stasis in the Stomach, which can have multiple manifestations, such as a Stomach ulcer, excess hunger and thirst, bad breath, or acid reflux disease. Specifically, we should not equate Heat in the Stomach with an ulcer or any other Western illness because, as Oriental medical physicians, we differentiate the syndrome (i.e., Heat/Heat Stasis in the Stomach) rather than diagnose an illness (i.e., Stomach ulcer). There are many possible health disorders covered under the proper differentiation of the syndrome versus any one particular disease. This is a unique strength of Oriental medicine, which treats the syndrome pattern.

In another case, if the red mark is found on a Throat point, the diagnosis is Heat in the throat. Heat here could take the form of a sore throat

Table 7.1 Clinical Differentiation of Ear Pathology

Finding	Differentiation
Part 1	
Asymmetrical shape	Evaluate pathology in body in relation to where pathology appears in the ear
Abnormal color, including erythema, flushing, paleness, bluish-black coloration, brown spots, hyperpigmentation	Heat, Heat stasis, inflammatory disease, Cold stagnation, deficiency, Qi stagnation, Blood stagnation
Excessive moisture or oozing rash; red and oozing	Excess Dampness, Damp-Heat
Abnormal hair growth	Hormonal problems, Kidney Qi deficiency
Birthmarks	Blood stagnation
Engorged blood vessels and abnormal blood color (blue, red, or purple)	Circulatory problems
Dilated capillaries, varicosities, hyperpigmentation, and capillary clustering	Circulatory problems, Cold stagnation (bluish-purple), Heat stasis (reddish-purple), Qi stagnation (light purple) and/or Blood stagnation (dark purple) extravasation
Boils, blisters, warts, lesions, moles, papules, and pimples	Damp-Heat, Toxic-Heat, Heat, Dampness, or Fire
Bruises	Blood stagnation and/or extravasations, trauma
Dark spots, petechiae	Stagnant Blood, Heat stasis, Blood stasis (type of stasis is determined by color)
Depressions, grooves, and creases, Frank's sign	Deficiency in corresponding area; risk of heart attack, high cholesterol, coronary artery disease, stress, and anxiety
Swelling, edema, puffiness, bloating	Damp, Water, Dilute Phlegm, Phlegm, Yang deficiency
Prolapses	Deficiency of that particular area
Dry, scaly, leathery, withered skin; skin abrasions, erosions, skin breakdown, desquamation	Psoriasis or seborrhea, Blood deficiency, Yin deficiency, Yang deficiency, poor absorption, or dermal disease
Ears that move and are positioned high on the head	Eats excess animal food
Ears that stick out	Yin constitution, poor hearing, narrow viewpoint

(Continued)

Table 7.1 (Continued) Clinical Differentiation of Ear Pathology

Finding	Differentiation
Detached ear lobes	Eats more vegetable food
Long ears lying close to head	Balanced, makes sound judgments
Long ear lobe (ear lobe length equals one third the length of the entire ear)	
Small ears	Limited perspective
Pathology of the helix	Circulatory system problems
Pathology of the inner ear (conchas)	Digestive system problems
Pathology of the middle ear (antihelix crus)	Nervous system problems
Red veins on the posterior aspect of cold ears	Precursor to measles or small pox: medium red = slight infection, purple = average infection, bluish black = serious small pox infection
Hard nodules or calculi on rim of auricle (helix) or on the outside of the external auditory meatus	Phlegm
Fleshy, scaly, painful, crusty lesions	Refer to dermatologist for evaluation
Knots, lumps, bumps, growths, protuberant stripes, or ridges	Qi stagnation, Blood stagnation, Damp, Phlegm, desiccated feces
Scars	Potential organ/meridian disturbances, organ removal
Shiny spots	Organ removal
Shriveled, shrunken ear	Decline of Qi and overall weakness
Part 2	
Red dots at the end of Stomach area (round area); more underneath the crus	Gastric ulcer, acid reflux disease
Red end on the crus to round area above the Stomach point	Duodenal ulcer
Faded dot to curvature above the crus	Past history of duodenal ulcer
Lumps, protrusions in the Stomach area	Chronic gastritis
Lumps, protrusions in the Gallbladder area	Chronic cholelithiasis
Lumps, protrusions in the Pancreas area	Chronic pancreatitis

(Continued)

Table 7.1 (Continued) Clinical Differentiation of Ear Pathology

Finding	Differentiation
Lumps, protrusions in Large Intestine area	Chronic constipation
Lumps, protrusions in the Liver area	Fatty liver
Depression in Low Blood Pressure point	Hypotension
Groove at Low Blood Pressure point	Hypotension
Clusters of nodules	Tumors/cancer
Protrusion in Occiput point	Occipital headache
Protrusion in Temple point	Temporal headache
Protrusion in Forehead point	Frontal headache
Protrusion in Neck area	Cervical disease
Capillaries at Ankle point	Injury of ankle joint
Swelling at Hemorrhoid point	Hemorrhoids
Flaky, desquamation in triangular fossa at Uterus point	Leukorrhea
Red triangular fossa	Menstruation, deep red may indicate pregnancy
Tinnitus groove	Tinnitus
Firm ear	Strong Kidney function
Thinner and softer ear	Weak Kidney function
Yellow, black, blue helix	Poor prognosis
Thin white/thin black ear	Disturbance of Kidneys
Withered helix with a layer of dust	Bone disorder
Dried-up helix	Diabetes
Fused helix with scapha	Congenital fusion
Dual Darwin's tubercle	Normal
Missing Darwin's tubercle	Weak immunity
Red in scapha	Dermatitis

in its many varieties, tonsillitis, allergies, postnasal drip, and sinus and upper respiratory infections.

The Nanking Army Ear Acupuncture Book and other texts found in the reference section of this chapter provide complex lists correlating pathology with auriculoacupoints. They can be consulted for additional specific clinical information but Table 7.1 is a comprehensive list of frequent clinical manifestations.

Ear Pathology

- **Asymmetries**—As we have noted, both ears should be symmetrical in shape, and similar in size, color, and moisture. Compare the right and left auricles in relation to the pathologies listed in Table 7.1 and evaluate the differences. In particular, note the location of these pathologies. Injury may account for some variation, so inquire about any injuries if there are gross differences between the two ears. Pathological changes can differ from ear to ear because pathology tends to occur in the same ear as on the affected side of the body or on the side corresponding to gender. Generally speaking, if the pathology is found on both ears, the pathology is more chronic.
- **Abnormal color includes erythema, flushing, paleness, bluish-black coloration, brown spots, hyperpigmentation**—Erythema or redness is common in the ear. Red areas or marks can occur. Redness indicates Heat, Heat Stasis, seen as inflammatory disease. Consider the redness carefully by interpreting the Heat in relation to where the redness is found. For instance, a red mark on the Hemorrhoid point may indicate hemorrhoids due to stagnant Blood with Heat, or a red mark on the Common Cold point may mean a Wind-Heat invasion. Flushing colorations can be interpreted like red marks. Rashes are also interpreted this way. If red, the rash means Heat in the Blood or Heat leading to Blood stasis. Paleness indicates deficiency of the affected area. Bluish-black colorations are indicative of Cold stagnation. Pale purple suggests *Qi* stagnation and reddish-purple signifies Blood stagnation. Brown signifies old Blood stagnation.
- **Excess moisture or oozing rash**—Both of these findings indicate excess Dampness in the body. If the rash is red and oozing, Damp-Heat is the diagnosis.
- **Abnormal hair growth**—As men age, hair may be found in the auricle. This is a sign of hormonal changes that accompany the decline of Kidney *Qi*, which occurs with aging. Thus the amount of hair in the auricle gives us an idea as to the state of the person's Kidney *Qi*.
- **Birthmarks**—Birthmarks can range in color from purple to blue, black, red, or faded brown. They are generally viewed as signs and symptoms of stagnant Blood. Note where the birthmark is on the ear and then see if the patient has any Blood stagnation in the corresponding area or organ of the body.
- **Engorged blood vessels and abnormal blood color (blue, red, or purple)**—Inspect the ear for visible blood vessels. In addition

to looking at the ear for the location of this sign, also consider the color of the blood within the vessel. Color differentiation can further assist you with understanding etiology and directing treatment. Blue blood in the vessel indicates stagnation due to Cold. Heavy pain in the body corresponding to the area of the vessel on the auricle is another further indication of Blood stagnation due to Cold. Red denotes Heat and/or Heat stasis. Pale purple is *Qi* stagnation and reddish-purple is Blood stagnation with Heat.

- **Dilated capillaries, varicosities, hyperpigmentation, and capillary clustering**—Dilated capillaries or varicosities (blood engorged vessels or blood extravasations) on the ear indicate circulatory problems elsewhere in the body, such as varicose veins in the legs or insufficiency of circulation to body parts such as the hips. The Knee and Ankle points commonly exhibit capillary clustering. Hyperpigmentation and capillary clustering, which are also signs of Blood stagnation, can be seen if there are old, unresolved lesions.
- **Boils, blisters, warts, lesions, moles, papules, and pimples**—Boils or blisters indicate Damp-Heat or Toxic Heat in the body. Interpret the location of Toxic Heat by examining the area on the ear where the boil develops. If papules and pimples are red, they indicate Heat; if white, Dampness. Red moles and reddish-pink warts also point to Heat in the Blood. If the mole is dark brown or black, Fire (a stronger form of Heat) is present. All suspicious moles should be noted and the patient referred to a dermatologist for evaluation.
- **Bruises**—Bruises, indicative of Blood stagnation or Blood extravasations, do not develop spontaneously on the ear. If bruises are present, they are caused either from ear therapies or from other external sources, such as trauma to the ear. However, the ear will not bruise with the proper application of ear modalities. If bruising does occur, check that you and your patient are applying the modalities appropriately.
- **Dark spots, petichiae**—Dark spots (versus a bruise) can develop on the ear. They also indicate stagnation. The patient may have pain in the area of the body corresponding to the dark spot. Petechiae are small dots that are generally red or purple. Petechiae indicate Heat stasis (if red) or Blood stasis (if reddish purple).
- **Depressions, grooves, and creases, Frank's sign**—Depressions and small pore-like structures found on points that are not inherently concave indicate deficiency in the corresponding body part or organ. For instance, if the Spleen area tends to be depressed,

Spleen *Qi* deficiency is indicated. The Lung and Heart points frequently are depressed indicating Lung *Qi* deficiency in the former and Heart *Qi* deficiency in the latter case.

Frank's sign was first reported in 1973 by pulmonologist Saunders Frank. Romoli et al. remind us that "Frank's sign, a diagonal crease on the earlobe, is detectable especially after the age of 40. This is commonly accepted as a sign of coronary heart disease even in Western medicine." Romoli continues that their "143 patients with ear lobe creases showed—in both sexes and in all examined decades (fifth, sixth, and seventh)—higher levels of anxiety than in the control group."³

Frank's sign extends from the Lower Blood Pressure point laterally on a diagonal (see Figure 7.1). A person with Frank's sign is significantly more likely (eight times more likely) to die from heart disease than a person without such a crease. Those with a crease and established heart disease are three times more likely to die from heart disease as those with established heart disease and no crease. Most studies link Frank's sign with high cholesterol as the precipitating factor in heart disease. Some authors report an association between anxiety and coronary heart disease.

Like all ear pathologies, Frank's sign can retreat if the person's health improves. If the fissure on the lobe heals, according to Kushi,⁴ then the person is eating a macrobiotic diet (i.e., no animal fat, which helps reduce high cholesterol and coronary artery disease).

- **Swelling, edema, puffiness, bloating**—In contrast to depressions, swelling, edema, puffiness, and bloating signify Damp, Water, Dilute Phlegm, Phlegm, or *Yang* deficiency.
- **Prolapses**—Prolapses are different from depressions or indentations. A prolapse appears on an ear structure as a "collapsed" part or border. Interpret the prolapse as a more pronounced deficiency, called in Oriental medicine "collapse of the *Qi* or *Yang*" in the corresponding area. Common places where prolapses occur are in the Spleen point, the Spinal Vertebrae points, and the Antitragus area.

When a prolapse occurs in the Spleen area, the lateral border of the Spleen point is not firm and intact. This indicates Spleen *Yang* deficiency or a collapse of Spleen *Qi*. When seen along the spinal portion of the ear, the antihelix crus lacks a clear, firm border, indicating a vertebral problem, such as herniated discs. The prolapsed Antitragus area results in a turned down antitragus instead of an antitragus oriented firmly upward, as in the case of the smart crest (Figures 7.2 and 7.3). The prolapsed antitragus is seen in cases of weakness and exhaustion.

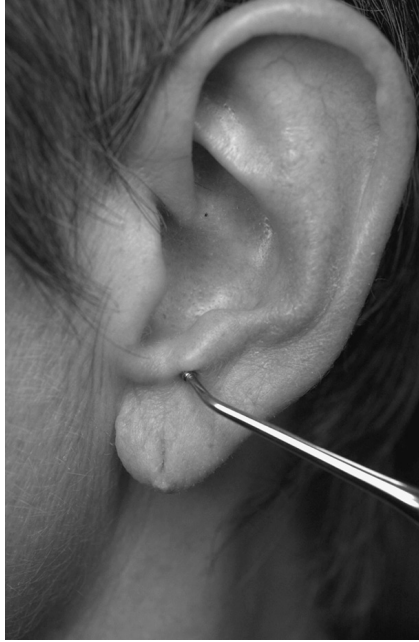


FIGURE 7.2 A partially prolapsed antitragus.

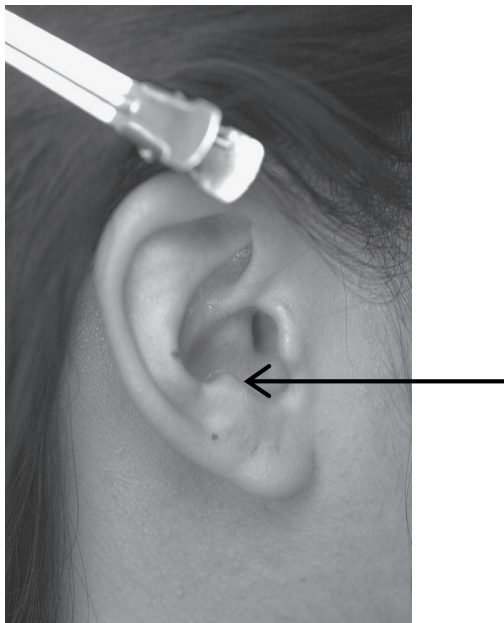


FIGURE 7.3 The smart crest.

- **Dry, scaly, leathery, withered skin; skin abrasions, erosions, breakdown, desquamation**—Dry skin (or leathery, withered skin) is a common finding in the ear. Such presentations (from a Chinese viewpoint) indicate *Yin* or Blood deficiency. *Yang* deficiency is also a possibility. In that case, the *Yang* is failing to generate the fluids and the Blood. In Western medicine, dry skin may present as psoriasis, dermatitis, or seborrhea. Note the points where the dryness is found to interpret your diagnosis. Skin breakdowns, abrasions, erosions, and desquamation can be caused from reclining excessively on that ear. The problem is also related to poor absorption or can be related to other dermatological diseases.
- **Ears that move and are positioned high on the head, ears that stick out, detached ear lobes, long ears lying close to the head, small ears**—Michio Kushi⁵ maintains that “ears that move on the head and are positioned high on the head indicate that the person eats an excess of animal food, and ears that stick out mean that the person has a *Yin* constitution.” Because of this feature, Kushi writes, “Physiologically, hearing tends to be poor.” The ears of many elderly present this way. Mentally, he says, such people tend to have a narrow point of view. Ears that are detached mean that the person eats more vegetarian food. Kushi continues, “Long ears lying close to the head mean that the person makes sound judgments and small ears mean that the person has a limited perspective.” Kushi, a Japanese practitioner, changed some *Yin/Yang* theory interpretation that is not consonant with Chinese medicine so consult his book to understand this concept.
- **Pathology of the helix, conchas, or antihelix crus**—Kushi attributes circulatory disorders to pathology found on the helix. Where problems on the conchas suggest digestive problems, that of the middle ear, which he defines as the antihelix crus, suggest nervous system problems.
- **Red veins on the posterior aspect of the ears**—Manfred Porkert⁶ says, “If there are red veins on the posterior aspect of the ears and the ears are cold, this is a precursor to measles or small pox. Medium red color indicates slight infection, purple is average infection, and bluish-black signifies a serious small pox infection.”
- **Hard nodules or calculi on the rim of the auricle (helix) or on the outside opening of the external auditory meatus**—Phlegm accumulations are commonly seen in the ear, especially in the Constipation area and in the Stomach. A Phlegm ridge in the Constipation area is indicative of fecal accumulation or constipation. Phlegm accumulations are frequently seen in the Stomach

area of the auricle. Remember, the Stomach point extends halfway across the width of the cavum concha. Because Phlegm can accumulate within the Stomach and, hence, appear on the Stomach ear point, the end of the crus of the helix will seem longer than usual, thus making the Stomach point look as though it extends farther across the concha. However, the crus is not longer. It is the presence of Phlegm in the Stomach that gives this impression. I have termed this particular morphology the *Phlegm ridge*.

To correctly locate the Stomach point, try the following technique: Put your ear probe on the crus of the helix and slide off of the crus with the probe laterally until you fall into a small depression. This is the end of the crus and, therefore, the beginning of the Stomach point. Then, extend the lateral border of the Stomach point halfway across the concha, and you have located the lateral border of the Stomach point.

- **Fleshy, scaly, painful, crusty lesions**—Any ear mark that has color variations to it or any ear growth should be considered suspicious and examined by a dermatologist to ensure that the lesions are not cancerous or precancerous. If the lesions are cancerous, there may be local swelling of the lymph nodes. However, this possible cancerous condition is not for the acupuncturist to evaluate or diagnose. The ear is susceptible to skin cancer since it is so exposed to the environment and the sun and may not have received adequate sun protection. Instruct your patients to avoid unprotected sun exposure. Remember, due to the concentration of lymph nodes in the ear, infection is increased and additionally cancer can metastasize through these routes.
- **Knots, lumps, bumps, growths, protuberant stripes, or ridges**—Knots, lumps, bumps, growths, protuberant stripes, or ridges can indicate *Qi* stagnation, Blood stagnation, or the presence of Dampness, Phlegm, or desiccated feces. If white or hard in nature, knots or bumps can be due to uric acid crystals seen as Damp or Phlegm accumulations. A white, hard, long, even bony phlegm ridge can indicate long-term constipation, whereas if the area has a soft white center, the bowel movement may be sluggish. Such lumps can also indicate arthritis and are frequently seen in the Neck and Cervical vertebral areas or on the rim of the helix. Purple lumps sometimes appear on the Uterus point and indicate uterine fibroid tumors.

Once you learn how to differentiate these pathologies you can safely treat the underlying disorder that causes their development. However, if you are unsure as to the nature of the growth, refer the

patient to a dermatologist, gynecologist, or other medical specialist for proper evaluation and treatment.

- **Scars**—Scars on the ear caused by external factors, such as injury to the ear, may produce energy disruption in the corresponding body areas. Likewise, injury to a body part or organ removal may appear as a small crescent-shape scar in the ear.
- **Shiny spots**—Shiny spots often develop on the ear in the identical place where an organ was surgically removed.
- **Shriveled, shrunken ears**—Shriveled, shrunken ears indicate the decline of *Qi* and overall weakness.

Organ, Body System, and Body Part Pathology

Apart from the general pathological categories discussed earlier, specific pathology relating to organs, body systems, or body parts can now be understood. This information is organized into diagnostic categories so that the practitioner can see the most common pathology within each category, its clinical meanings, and the logical sense that they make in relation to a diagnosis. Corresponding photos are presented with the discussion. Studying the photos along with the information in this chapter assists the practitioner at becoming visually adept at recognizing and diagnosing these pathologies.

Respiratory Disorders

Depressions

Respiratory disorders in the ear usually show up in the form of two pathologies: depressions or red marks. A depression is one that is deeper than the size of the normal point depth. Some depressions are very deep and some appear like several enlarged pores.

Depressions indicate deficiency of the point on which it is found. Depressions on the Lung points, which are the points pertaining to the major respiratory organ, indicate Lung *Qi* deficiency. Lung *Qi* deficiency manifests as asthma, shortness of breath, fatigue and allergies, tightness in the chest, and even walking pneumonia. Figures 7.4 to 7.6 illustrate depressions on the Lung points.

Heat shows up as redness on the body. Heat on the Allergy point indicates allergies that have Heat characteristics, such as nasal congestion, yellow mucus, low-grade fever, slight sore throat, red tongue, thin yellow coat, and slightly fast superficial pulse. The allergies may be respiratory allergies or skin allergies, such as rashes or pimples, since the Lungs dominate the skin (Figure 7.7).



FIGURE 7.4 Small pore-like depressions on the Upper and Lower Lung points (patient has shortness of breath and tightness in the chest, accompanying walking pneumonia).



FIGURE 7.5 Small pore-like depressions on the Upper and Lower Lung points as well as the deep Heart point (patient has fatigue and shortness of breath).



FIGURE 7.6 Small pore-like depressions on the Upper and Lower Lung points as well as on the Heart point (patient has shortness of breath in the morning).



FIGURE 7.7 Redness in the scapha on the Allergy point (patient has allergies and dermatitis; red appearing on this point [not visible in this black and white photo] has the clinical differentiation of allergies).

Cardiovascular Problems

Depressions

Cardiovascular problems show up in the ear in several places. Depressions and grooves are indicative of deficiency. As shown in Figure 7.8, depressions in the Heart area indicate Heart *Qi* deficiency. Clinical manifestations of Heart *Qi* deficiency include high blood pressure, a family history of heart disease, and shortness of breath, palpitations, low blood pressure, numbness and tingling in the arms and hands, and more.

Grooves

The low blood pressure groove suggests heart pathology as well, and originates from the Low Blood Pressure point (Figure 7.9). The low blood pressure groove does not travel on an angle like Frank's sign, but rather folds vertically downward, resembling a collapsed fold in the skin.

Frank's sign, as we have seen earlier in this chapter, is a diagonal crease on the ear lobe that originates in the Lower Blood Pressure area and extends downward on a diagonal line laterally across the lobe. In general, the longer the crease and deeper the crease, the more serious and long-term the problem is. Compare the difference between the low blood pressure groove and Frank's sign (see Figure 7.1).



FIGURE 7.8 A deep, depressed Heart point (patient has palpitations, a tendency to worry, tingling feeling in the hands at night, tightness in the mid-back and chest, low blood pressure, a heart murmur, and received three blood transfusions at birth due to an Rh incompatibility).

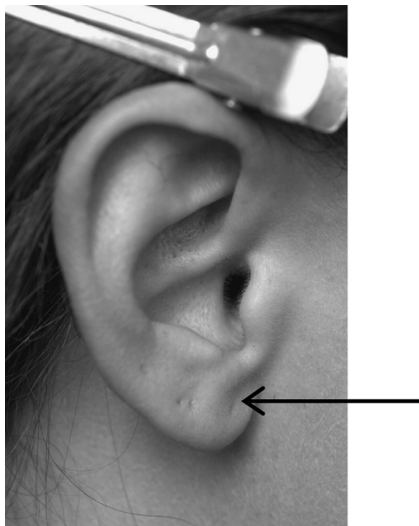


FIGURE 7.9 The low blood pressure groove (patient has low blood pressure).



FIGURE 7.10 Suppuration at *Shenmen* (patient has anxiety, skin rashes, and nausea).

Redness

Red indicates heat. A red Heart point indicates Heat in the Heart, which produces restlessness and insomnia, or other Chinese “Heat in the Heart problems” (Figure 7.10). (Unfortunately, the color pathology cannot be depicted in the black and white photos but the suppuration can be seen.)

Heat may cause rashes and oozing of fluids at the Heart point or points related to the Heart, most notably *Shenmen*.

Hepatobiliary/Gastrointestinal Problems (Stomach, Spleen, Liver, Gallbladder, and Small Intestine)

Several organs are part of the hepatobiliary/gastrointestinal systems and many illnesses fall within their domain. The most common clinical pathologies found in the ear pertaining to these systems are discussed and shown next.

Phlegm Ridge

The phlegm ridge is a frequently observed formation in the ear, specifically the phlegm ridge in the Stomach area. The phlegm ridge indicates that Dampness or Phlegm are being retained in the Stomach either due to weak Stomach *Qi* failing to rotten and ripen the food, or Phlegm created through consumption of the proper *Yin* of the Stomach by Heat or Liver *Qi* Stagnation. Phlegm in the Stomach can cause many symptoms, including nausea, stomach pain, food stagnation symptoms, and abdominal distention (Figures 7.11 and 7.12).

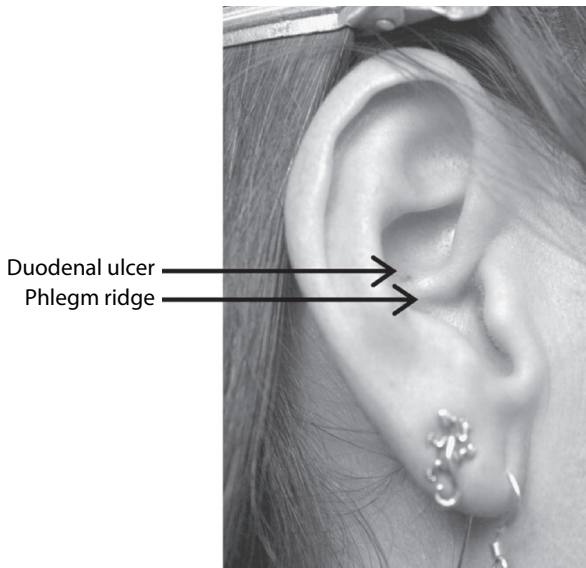


FIGURE 7.11 Phlegm ridge and duodenal ulcer (patient has knotted abdominal pain precisely at the center of the Stomach [CV 12, *Zhongwan*]).

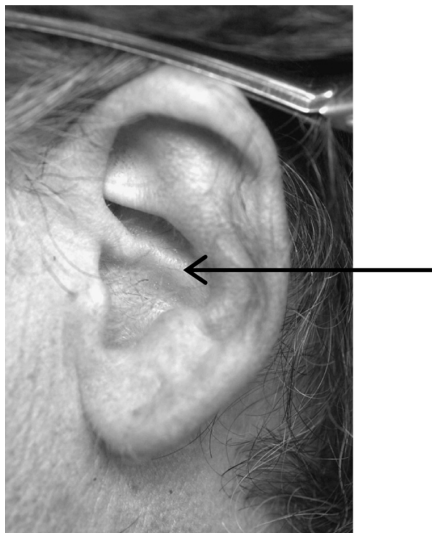


FIGURE 7.12 Long phlegm ridge extending to the Spleen area (patient experiences Stomach pain, Liver pain, fatigue, pallor, loose stools, abdominal distention and gas, signs and symptoms of Spleen *Qi* deficiency and *Yang* deficiency).

Puffiness

Puffiness of specific organ points in the gastrointestinal/hepatobiliary systems is frequently seen in the ear. The Spleen area typically appears as puffy, a clear example of Spleen *Qi* deficiency and *Yang* deficiency where the Spleen fails to transform and transport the digestate, which results in Damp retention or puffiness (Figures 7.13 and 7.14).

Red Marks

Heat in the Stomach and Liver areas is a common clinical finding. Heat shows up as redness, while ulcers with heat manifestations show up as red marks. Figure 7.11 also illustrates a duodenal ulcer. Note the dark spot at the end of the Stomach point and the beginning of the Duodenum point. This patient has a duodenal ulcer, experiences what she describes as knotted abdominal pain, and reports a high level of stress, a leading cause of ulcers.

Collapsed Borders

The Spleen tends toward deficiency and collapse of *Yang*. This syndrome shows up as a collapsed Spleen border (Figure 7.15).

Stagnation is typified by its characteristic purple color. Purple in the Liver area indicates Liver pain and on the Pancreas suggests pancreas disorders, such as hypoglycemia.

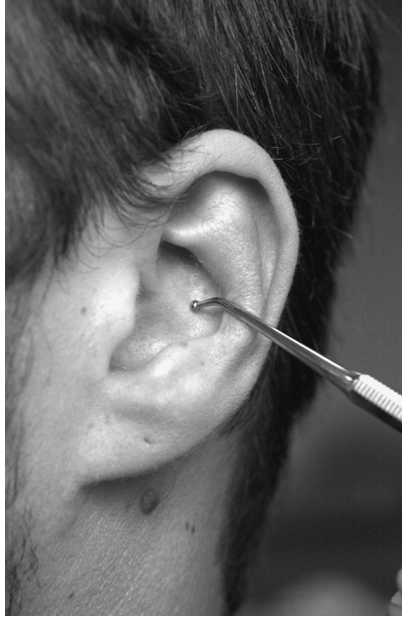


FIGURE 7.13 Puffy Stomach and Spleen points (patient experiences nausea caused by Damp retention in the Spleen and Stomach).

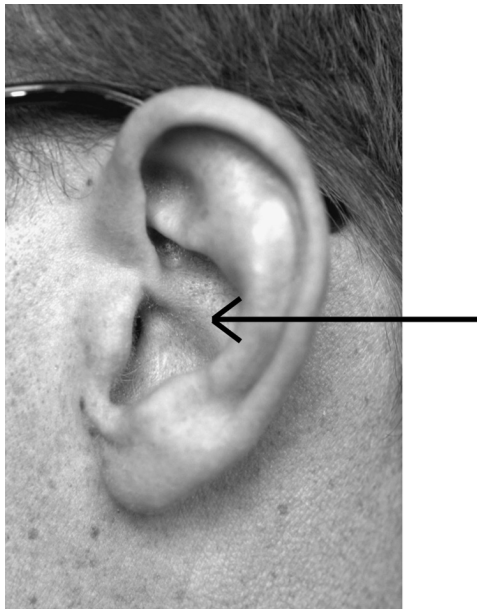


FIGURE 7.14 Puffy Spleen point (patient has abdominal distention as a major complaint; a cardinal symptom of Spleen *Qi* deficiency and *Yang* deficiency).

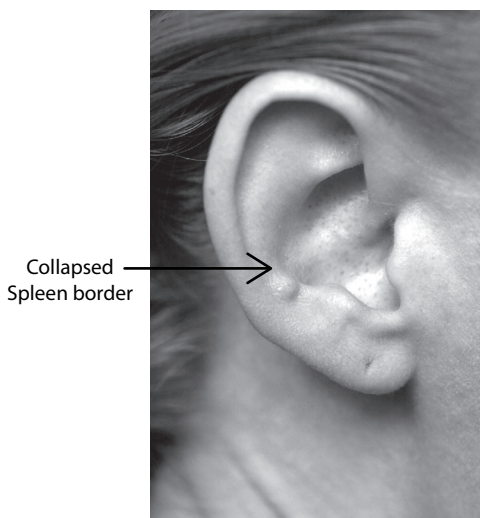


FIGURE 7.15 Collapsed Spleen border and large bump in the Upper Thoracic/Lower Cervical areas (patient has all the common signs and symptoms of Spleen *Qi* deficiency and *Yang* deficiency).

Organ Pathologies and Diseases

Miscellaneous organ pathologies appear in the ear as well. Some of them are representatively included here (Figures 7.16 to 7.18).

Eye, Ear, Nose, and Throat Pathology

The Eye groove, sometimes referred to as the Myopia groove, forms a crease or fold originating from the Eye 1 point and travels downward. It consistently indicates problems with vision, especially nearsightedness (Figure 7.19). Some hearing problems such as tinnitus (ear ringing) also appear in the ear as a groove called the Tinnitus groove (Figure 7.20).

Scars

If not caused by direct injury, scars in the ear represent removal of an organ or body part. Marks can be viewed similarly to scars and indicate problems on the point where they are found (Figures 7.21 and 7.22).

Musculoskeletal Disorders

Capillaries

Capillaries are indicative of circulation problems, trauma, or surgeries. They are commonly seen in the ear, particularly in the lower



FIGURE 7.16 Brown dot on Mammary points (indicates old Blood stagnation in the breast such as occurs in fibrocystic breasts).

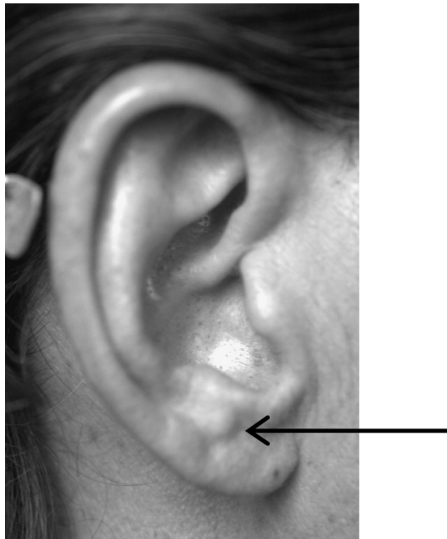


FIGURE 7.17 Puffy Forehead point (patient has sinus infection).

extremities, such as the hip, knees, and ankles, which tend toward poor circulation (Figure 7.23).

As discussed earlier in this chapter, birthmarks are viewed as Blood stagnation, which may affect the areas on which they are found (Figure 7.24).



FIGURE 7.18 Constipation ridge (patient has long-term constipation).

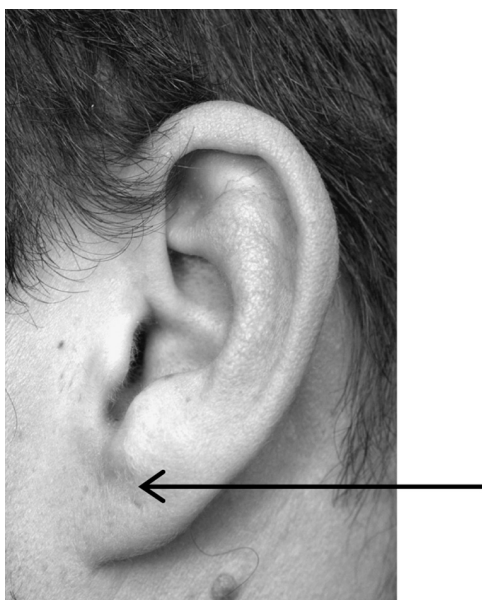


FIGURE 7.19 Myopia groove (patient is nearsighted, has floaters, decreased night-time vision, frequent red eyes, and skin patches around the eyes).



FIGURE 7.20 Tinnitus groove (patient has ringing in the ears and vision problems).

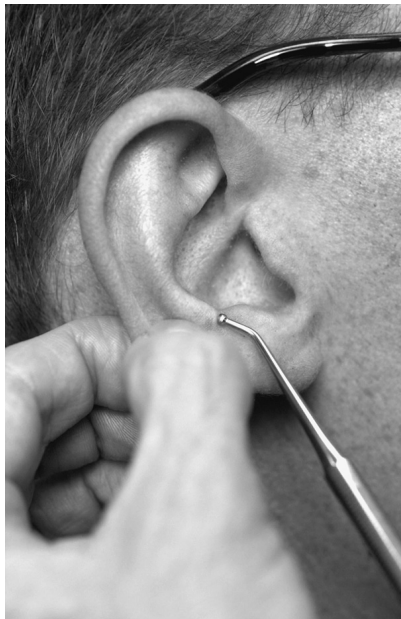


FIGURE 7.21 Mark on the Throat point (patient has had a tonsillectomy).

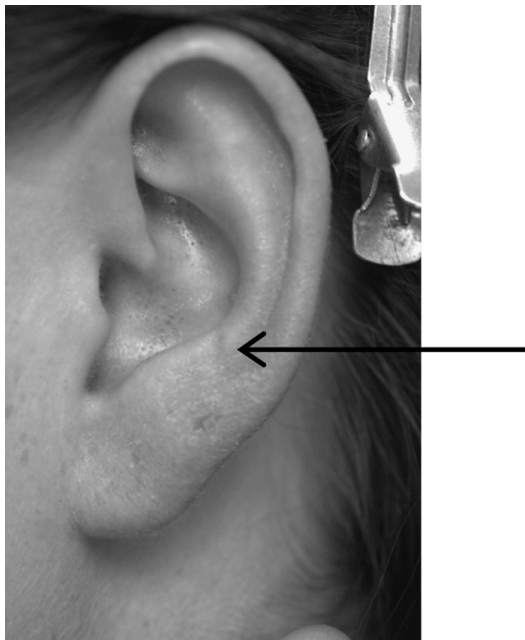


FIGURE 7.22 Scar on the Throat point (patient has had a tonsillectomy).

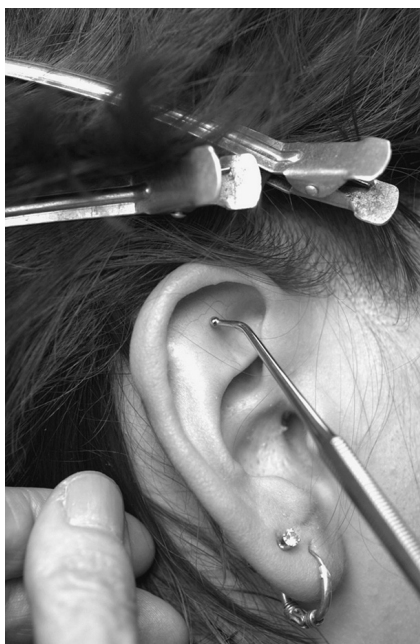


FIGURE 7.23 Capillaries in the Ankle area (patient has weak ankles).



FIGURE 7.24 Birthmark on the Shoulder area (congenital shoulder weakness).

Neck Pathology

Bumps, Lumps, Ridges, and Arthritic Bone Growths

Structurally bumps, lumps, ridges, and arthritic bone growths are very similar as are their diagnostic meanings. Essentially these structures can be viewed as Excesses. Typically Dampness appears as a soft bump and Phlegm as hard. They are the opposite of grooves or depressions that are caused by deficiencies (Figures 7.25 to 7.27).

Congenital Morphology

Two examples of a high, pronounced antitragus (also called a smart crest), which indicates high intelligence, are shown in Figure 7.28 (also see Figure 7.3). A deviation of the antihelix crus and a ridge in the cymba concha are also congenital.

Miscellaneous Pathology

A pathological lumpy ear is a good ear to benefit from massage (Figure 7.29).

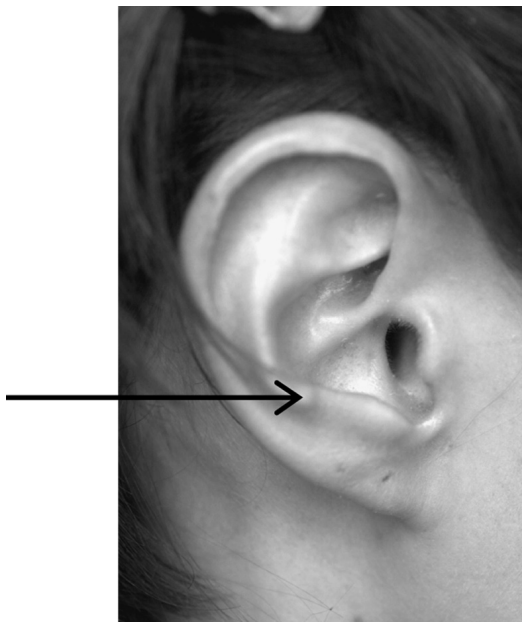


FIGURE 7.25 White bump on the Neck area (patient had cervical disease [see another large bump in the Upper Thoracic/Lower Cervical areas in Figure 7.15]).

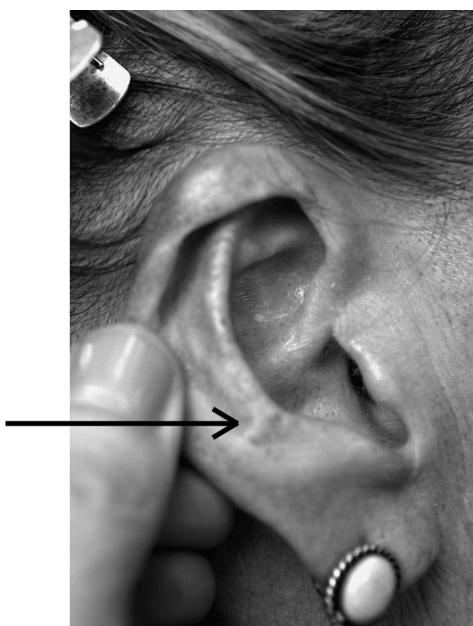


FIGURE 7.26 Ridge in the Neck area (patient has neck pain).

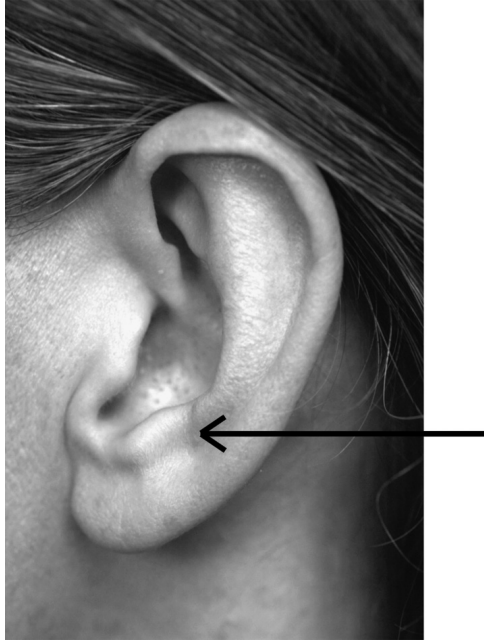


FIGURE 7.27 Groove at the Cervical point (patient has neck and shoulder tension).

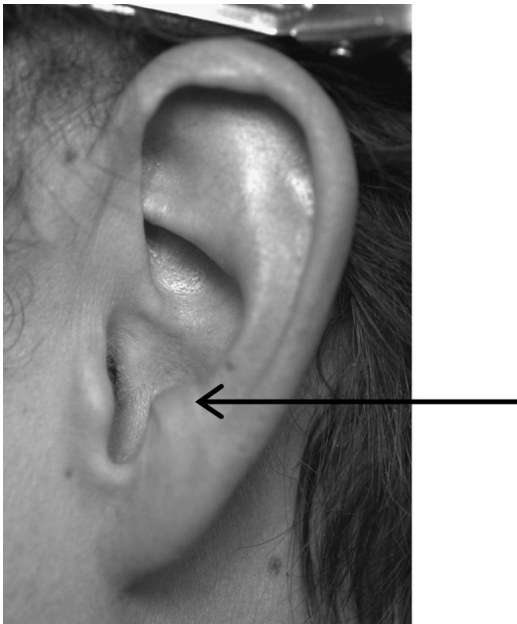


FIGURE 7.28 The Smart Crest (indicative of high intelligence).



FIGURE 7.29 Pathological lumpy ear (a good ear to benefit from massage).

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8. Ear Prescriptions

Construction and Formulae for Specific Conditions

Objectives

- Identify the parameters of ear treatment efficacy
- Utilize the general rules of ear acupuncture prescriptionology
- Generate ear point prescriptions by studying standardized ear acupuncture prescriptions for common clinical conditions
- Appraise the clinical usage of ear acupuncture points through case review analysis and practice

Constructing Ear Prescriptions

A fundamental premise of Oriental medical theory is to treat what one sees. By doing so the practitioner has the opportunity to address the whole patient as expressed through his or her unique energetic pattern. Although some practitioners of auricular acupuncture maintain that there is no need for either diagnosis or prescription construction, but only adherence to set formulae for specific conditions, this is generally not the Oriental medical viewpoint. Certainly however as in body acupuncture, clinical experience and/or research have revealed ear point combinations for clinical conditions. In general such points can be used as the skeletal ear formula as long as the usage of each point in that prescription can be supported and the formula modified for the particulars of the individual patient's presentation.

The goal of this chapter is to illustrate to the practitioner how to construct an ear prescription that meets the treatment needs of the patient. While each specific patient may receive a unique formula, the logic of prescription construction needs to be explained. We need to keep in mind that the ultimate efficacy of a prescription is related to all of the features discussed herein.

Ear Treatment Efficacy

Correct Diagnosis and Treatment Plan

Before selecting points or beginning treatment, establish a working diagnosis of the patient's illness in Oriental medical terms. A treatment plan

can then be established. For instance, if the patient has a headache at the vertex and you have correctly differentiated this type of headache as Liver *Yang* rising, the treatment plan then is to subdue the Liver *Yang*.

Correct Point Selection According to the Energetics That Correspond to the Diagnosis and Treatment Plan

Following the establishment of a diagnosis and its related treatment plan, now select points for their best therapeutic value. The energetics of most of the ear points can be chosen from an understanding of Oriental medical theory. In the aforementioned case concerning the headache at the vertex, select possible points such as the Ear Apex point (which reduces Liver *Yang*) and the Liver point (to adjust the Liver).

As is true with body acupuncture treatment of illness, the inclusion of ear points that addresses etiological factors assists in a more long-lasting resolution of the problem. Kropf reminds us of this in Chapter 1. Consider the application of this criterion to the Liver *Yang* rising headache. First, we must determine the etiology of the Liver *Yang* rising. Is the Liver *Yang* rising due to Liver *Yin* Deficiency, Liver Blood Deficiency, Kidney *Yin* Deficiency, or Earth counteracting on Wood? Points are selected according to the specific etiology of the patient's problem. For instance, add the Spleen and Stomach points if the headache is due to Earth counteracting on Wood, the Kidney point if the headache is due to Kidney *Yin* Deficiency, and so forth.

Dr. Chen Gongsun¹ points out that an increase in the therapeutic effect of auricular therapy can be gained if one selects a few but good points. He says:

Some practitioners favor the use of seeds on 20 to 30 points or more on one ear for each treatment. This form of treatment is likened to "assembling troops to destroy the enemy." It is effective for certain diseases. However, a disadvantage of this form of treatment is that there is no specific focus on a particular disease, and it increases the suffering and apprehension of patients. When so many points are used, we cannot determine whether they have a synergistic or antagonistic effect on each other, nor is it clear which point is the main one. Therefore, I concur with the majority of auricular point practitioners that less than four points should be used in each treatment. In general, I subscribe to the use of points on one side sufficient to treat the disease; in fact, for certain diseases, e.g., gastrospasm, sprains, and pain in the fingers, the stimulation of a single auricular point is enough to

obtain a good result. The number of points used does not determine the outcome of the treatment. The principle of selecting a few good points guarantees a good result.

I concur with Dr. Gongsun that we should limit the number of points to be treated in the ear. This will come about naturally if we avoid a symptomatic approach and instead correctly differentiate the syndrome and address etiological factors. It is true that there are times when the one well-chosen point is all that is needed, particularly in cases of pain or disorders with musculoskeletal involvement. For the most part, my typical prescription is about seven to eight points.

Accurate Point Location

After correct point selection, accurate point location must be achieved. You should be able to define where all the points are. This verbal ability will reinforce your adeptness at location. Study the ear maps and point location descriptions found in Chapter 3, and, most important, practice to become proficient at point location by using the ear for treatment. The map presented in this book is traditional, time-tested, and easy to learn and to remember and master.

Appropriate Ear Modality Chosen

Many ear modalities are interchangeable, such as seeds, tacks, pellets, and magnets. Others are a matter of personal or cultural preference, such as massage or needles. Still other modalities are highly correlated with a treatment plan, clinical research, a diagnosis, a clinical disorder, or the “nature” or physiology of the point. For instance, if the point is more of an area, such as the Sacral Vertebrae or the Constipation area, an intradermal can be more effective because an intradermal stimulates the entire area versus a specific point. In another instance, if Heat or Fire are present, bleeding is the preferred modality to drain the Heat or Fire. Review Chapter 6 and Table 6.1 for the modalities that are correlated with various conditions.

Correct Angle of Insertion of Needles and Intradermals If Chosen As a Modality

The most common angle of insertion into an ear point is perpendicular. A few number of points are needled at an oblique angle. The angle is usually dictated by the anatomical location of the point, so think about physical access when needling the point. For instance, the Brain point, which is located on the posterior aspect of the antitragus, cannot be needled perpendicularly. One needs to needle obliquely behind the antitragus toward the point.

Apart from physical access into the point, *The Nanking Army Acupuncture Book* says, “clinical experience has shown that the angle of insertion into a point may relate to its effectiveness.”² In the event that the desired results are not being met, you can change the angle of insertion to increase the effectiveness of the point. These angles of insertion have not been standardized by any practitioner because there are so many degrees at which the point could potentially be needled and again most points are needled perpendicularly. So, if required, experiment and gain your own clinical experience with that point for each patient. For the most part, perpendicular insertion is the correct angle to insert the needle.

***Da Qi* Sensation Obtained in the Ear, Especially of Heat**

The degree of ear treatment effectiveness has been correlated with the *Da Qi* sensation obtained in the ear. As has been discussed, while there are various signs of *Qi* arrival, clinically the sensation of heat perceived by the patient has been shown to be the most effective variable for successful ear treatment. Try to obtain this through accurate point location, best insertion angle, needle technique, and patient perception and feedback.

Patient's Condition and Compliance with the Modalities

Of course, we must always keep in mind that we are not the healer of an illness. With our expertise, we can certainly help to redirect *Qi* (energy) according to the natural laws of life; however, healing does not always occur, and we must accept that fact. The patient's life force may be beyond our ability to reach with ear modalities. Some diseases will be easy to treat, some impossible, and with others the results might be limited.

Another important factor involved in healing is patient compliance. To enhance compliance, inform your patients of the treatment plan and prognosis, and provide them with written instructions of all directives. However, recognize that some variables are beyond our control as practitioners. The patient may not keep appointments or change certain lifestyle factors. Personal resources (i.e., money, transportation, social support for treatment) are oftentimes limited, as is the ability to follow self-treatment instructions.

Correct Construction of the Ear Prescription

As Joseph Helms states, “Auricular acupuncture can serve as a therapeutic input for disorders on any level of manifestation, and anywhere along the material-to-energetic presentation spectrum.”³ This is

a reminder that more than physical maladies can be treated with ear acupuncture. Point selection in both body acupuncture and auricular acupuncture is an art because it is based upon the uniqueness of each patient. Therefore, the practitioner must be able to look at the deeper web of physiological and energetic symptoms and decipher them. Still there are guidelines that enter into the formulation of an ear acupuncture prescription that need to be considered.

How to Construct an Ear Prescription

Start with *Shenmen* Unless Contraindicated

Unless the patient has bronchitis, bronchial asthma, or congestive heart failure (conditions characterized by excess Phlegm in the chest, which can interfere with respiration), begin the treatment with *Shenmen*. Remember *Shenmen* largely works by increasing Dampness in the body, thus its contraindications. *Shenmen* quiets the Heart, calms the spirit, and puts the patient into a state of receptivity for treatment. *Shenmen* anchors the spirit before the *Qi* is tonified or dispersed. This is an extremely important treatment principle according to the Three Treasures paradigm, which maintains that of the Three Treasures—*Qi*, *Shen*, and *Jing*—the *Shen* (Spirit) must be treated first before *Qi* is adjusted. *Shenmen* has multiple energetics. It is useful in pain control, in reducing anxiety and restlessness, and in controlling the Blood. Refer back to Chapter 3 for a comprehensive discussion of ear *Shenmen*.

Keep the Prescription Simple: Select Primary Points for the Disorder

The Chinese maintain that each point acts specifically without disturbing the other points; therefore, it is possible to use several points in an ear prescription. However, the Chinese also assert that “it would appear that well-chosen points, even one point, can give more specific results than multistimulation.”⁴

Start with one major point to treat the disorder. For instance, if the patient has a respiratory problem:

- *Shenmen* may or may not be indicated. If Phlegm is present, *Shenmen* is prohibited. Otherwise, *Shenmen* could be an excellent point to reduce the anxiety that often accompanies respiratory problems.
- Because the Brain controls everything it is rare not to use the Brain point in every ear prescription. The Brain or Brainstem points can further assist in regulating respiration.

- Choose a Lung point as pivotal to the prescription because the Lungs are the anatomical and physiological organs responsible for respiration. Then, round out the balance of the prescription.
- The Kidney point can be added to the prescription to facilitate deep breathing and enhance the ability of the Lungs to descend and disperse the *Qi* so that the Kidney will grasp the *Qi*.
- The Sympathetic point aids in increasing vasodilation (if air pathways are constricted), balances the autonomic nervous system, and reduces any pain associated with the problem, such as tightness in the chest.
- To reinforce the treatment, *Dingchuan* and Stop Wheezing points work well together if there is a pronounced problem with inhalation; otherwise, one or the other can be selected.
- The Diaphragm point is used to open the chest, make the auricle more sensitive to treatment, spread Liver *Qi*, and balance the three *Jiaos*, which are in disharmony.
- Chest, Inner nose, and/or Trachea as local points can be added to treat localized symptoms and reinforce the treatment based upon the specific locales of the respiratory problem.

As in preparing an herbal formula, consider the interaction between the ear points and how the formula works as a whole to treat the condition. For instance, the Lung point works harmoniously with the Kidney point because of their *Zang-fu* and Five Element interrelationships.

In contrast to synergistic relationships, some points work antagonistically against each other. For instance, I have found that the Antifatigue point (also called the Mouth point) can interfere with the Insomnia point because of their opposite actions. For instance, let us say that a patient has insomnia and, therefore, is tired during the day and may desire more energy. As the practitioner, you chose the Insomnia point to promote sleep and the Mouth point for its antifatigue effects. These points may counteract or even nullify the action of each other. The most important point to use here is the Insomnia point. Then, when the patient gets enough sleep, he will not be as tired during the day. But if you do use both points, be aware that if you have the person rub the Mouth point at night, the resulting stimulation may keep him awake. Instead, the Insomnia point should be rubbed gently before going to bed, but not too vigorously or it may keep the patient awake.

I prefer to prescribe fewer ear points and instead treat the root of the patient's particular variety of insomnia. For instance, if the basis

of the disorder is insomnia due to Heart *Yin* deficiency, then choose the Heart point. If the root of the insomnia is due to fullness in the Stomach, then choose the Stomach point and recommend eating earlier in the evening. This holds true for treating the etiology of their fatigue as well, which could have numerous origins.

Choose Powerful Points with Multiple Functions

Choose points with powerful multiple functions, such as Brain, Sympathetic, Adrenal, Vagus, Diaphragm, Occiput, and Brainstem. I typically add Brain to virtually every formula because the Brain regulates the entire body. The Brain point tends to be tender on palpation because it controls everything. Sympathetic is central to many formulae when the patient is experiencing pain or an imbalance in the autonomic nervous system. Similarly, the Diaphragm point is an important point for harmonizing the ear acupuncture formula, and connecting all three *Jiaos*. Because these points possess multiple energetics, they are economical to use in the sense of performing several functions.

Add Points That Treat the Root of the Disorder and Augment the Prescription with Points That Treat Symptoms Originating from the Root

Select points that get at the root of the problem. Do not just think symptomatically. For instance, if a skin problem is due to hypersensitivity to an allergen, add the Liver point to promote the free flowingness of *Qi*. If the skin disorder is due to an autoimmune problem, choose Kidney, which is the foundation of immunity. Add other points based upon signs and symptoms. For instance, if the skin problem is characterized by itchiness, pain, and inflammation, add the Sympathetic point for its ability to treat these characteristics. Also remember the Lung controls the skin.

Select Points Based upon the Location of the Organ, Body Part, or Disease to Direct the Treatment

Points are selected based upon the location of the organ, body part, or disease that is affected. Use these points as core points that act as vectors to reinforce a prescription. For example, if there is acne on the forehead, select the Forehead point. If there is eczema on the cheek, select the Cheek point. Other points would be chosen depending upon the precise location of the problem. If the problem relates to a spinal segment, such as back pain in the Lumbar area, Lumbar vertebrae are some of the first points to select.

Do Not Use Points Redundantly. But Use Points to Reinforce when Needed

An economy of points allows access to the unique energetics of the points and avoids multistimulation. However, there are times when reinforcement is a good and necessary option. For instance, if the person has severe intestinal cramps, you could treat the large intestine through the Large Intestine point, and the Abdomen point can be chosen for reinforcement. However, if you are treating diffuse abdominal pains, the Abdomen point may be sufficient.

Use Clinically Effective Points, Which Are Points with Known, Proven Effectiveness

Clinically effective points, which are points derived from research, have known, proven effectiveness in the treatment of various disorders. They are important points to consider in an ear acupuncture prescription. Such points include the Lumbago point for low back pain; a Lung point for smoking addictions, weight loss, and ulcers; and *Shenmen* for addictions, weight loss, and anxiety. Since the field of auricular medicine is relatively new, journal articles are an excellent venue for keeping abreast of the latest research in this specialized field of medicine.

Clinical Note 1

For musculoskeletal problems, apply auriculotherapy and then have the patient mobilize the affected area. This movement along with the ear treatment sends a message to the affected body part. This movement is key to the success of the treatment.

Clinical Note 2

Use auricular acupuncture before or after massage and chiropractic adjustments to help hold the treatment and reduce muscular spasm.

Prescriptions for Specific Conditions

Each illness is distinguished by its own signs and symptoms and modified by its presentation in patients. However, many diseases that are part of a system, such as asthma, bronchitis, cold, or allergies, which all affect the respiratory system, share common features. These symptoms include tightness in the chest, difficulty breathing, cough, and so forth. As a result, I have created a number of protocols based upon my clinical experience constituting a broad yet common treatment plan that can

be used by practitioners for a wide assortment of illnesses at least in skeletal format. Think about these prescription constructions. Studying these protocols can assist the practitioner in learning as well how to write prescriptions.

Standardized Ear Treatment for Geriatric Patients

A seven-point formula—Modify this formula according to the patient's signs and symptoms if necessary. Add points for specific conditions or localized areas of pain, such as knees, low back, or shoulder.

1. *Shenmen*—*Shenmen* quiets the Heart, calms the spirit, and puts the patient into a state of receptivity for the treatment. This point can be used to treat restlessness, insomnia, and mental disorders sometimes characteristic of old age. *Shenmen* neutralizes toxins from prescription drugs and cures inflammation as in arthritis commonly seen in the elderly. Many geriatric diseases have a pain component. *Shenmen* is one of the most clinically effective points for pain because this point pertains to the Heart and, as the *Neijing* (see Chapter 1) says, “When the heart is serene, all pain is negligible.”
2. Brain—The Brain point regulates neurological function and benefits the mind. This point regulates the excitation or inhibition of the cerebral cortex and is a general treatment point for diseases of the nervous, digestive, endocrine, and urogenital systems. It can be used to treat neuropsychiatric disorders, insomnia, and prolapse. All of the above problems are common in the elderly. The Brain controls everything.
3. Sympathetic (any of its three locations)—The Sympathetic point relieves pain, so it is a useful point if an elderly patient has pain as many do. The Sympathetic point stimulates the dilation of blood vessels, therefore improving circulation, the lack of circulation being a leading cause of illness in the elderly. It is also used to treat ophthalmological diseases that are common in the elderly.
4. Kidney—This point tonifies the Root *Qi* of the body (the foundation *Yin* and *Yang*), which declines with aging.
- 5 and 6. Spleen and Stomach—Treating Spleen and Stomach reinforces postnatal *Qi*, which may be weak in the elderly due to age or poor nutrition. Treating these points builds Blood. Since the Spleen dominates the muscles, it is good for treating muscular atrophy and muscle weakness due to lack of exercise and age.

7. Liver—The Liver promotes the free flowingness of *Qi* in the body, thereby maintaining the harmonious relationship between the internal organs and external environments. It moves Blood, moves stagnation, builds Blood and *Yin*, and increases energy. Blood disorders, especially Blood deficiency, stagnation, and *Yin* deficiency, are common patterns of disharmony in the aged.

Modalities and Contraindications

The elderly can benefit from auriculotherapy because the auricular treatment, especially with pellets, is gentle and effective. As always, provide written instructions to enhance patient compliance. However, if the patient has a memory problem, he or she might not be able to follow the ear therapy instructions at home. Do not prescribe home therapy if the patient's mental state, physical capabilities, or living situation interfere with the patient's ability to follow the instructions. In general gold pellets are used to tonify the deficiency.

Standardized Oncology Formula for the Side Effects of Cancer Treatment

An eight-point formula—Use as follows or add or delete points based on signs and symptoms or specific areas of the body affected.

1. *Shenmen*—Common sequelae to radiation and chemotherapy treatments are the symptoms of anxiety, palpitations, weakness, pain, and restlessness. *Shenmen* is useful for these discomforting feelings because it neutralizes toxins and reduces inflammation, which are also side effects of Western cancer therapy.
2. Brain (Subcortex)—The Brain point is used to treat the symptoms of Western cancer treatment, such as fatigue, anxiety, swelling, shock, pain perception, insomnia, and inflammation.
3. Sympathetic—Pain is usually a symptom of cancer treatment therapies, especially radiation. Sympathetic, as we have discussed, is effective in reducing pain.
4. Lung (Upper and/or Lower)—As the Master of the *Qi*, the Lung points increase energy, strengthen *Wei Qi* functioning, and improve respiration and oxygenation by sending their energy to the Kidneys. Oncology patients usually report a range of tiredness from fatigue to exhaustion as their major complaint. The Lung points move the Liver (metal controls wood) and,

thus, assist in pain relief. These points relieve depression that is common in patients with serious illness such as cancer. The Lung points aid in treating skin problems due to decreased wound healing capacity and relieve dry and irritated skin. The Lung points are especially helpful in treating skin problems such as burns that result from radiation therapy.

5. Liver—Liver promotes the free flowingness of *Qi*, maintains the internal patency of *Qi*, and regulates the relationship between the patient's internal and external environments. Liver moves *Qi* and Blood (which may be stagnant), and balances the emotions. Because cancer is such a devastating illness, the patient's emotions are highly involved in the illness (versus the emotional component of, say, having a common cold). Liver builds *Yin* and Blood. Radiation patients develop *Yin* deficiency and chemotherapy patients develop *Qi* and Blood deficiency.
6. Kidney—The Kidney point tonifies the root *Qi* of the body, the basis of immunity, and builds Blood and *Yin*. It assists in hair regrowth and increases libido. Cancer patients undergoing traditional Western therapies suffer from both hair loss and decreased libido.
- 7 and 8. Spleen and Stomach—Spleen and Stomach reinforce the *Qi* of the *Middle Jiao*; therefore, they are helpful in treating nausea and vomiting, aid digestion, and improve appetite. They reduce Damp/Phlegm, thereby regulating thirst and abdominal distention. The Spleen and Stomach points control the Blood and the Blood vessels and promote the building of Blood, which is necessarily and inevitably damaged along with cancerous cells from Western cancer therapies. These points ground the patient and strengthen the muscles, which are controlled by the Earth element. These points can be used as a Five Element couple or separately based upon pre-dominant symptoms.

Modalities and Contraindications

In my experience of working in an oncology clinic, I found pellets were more effective for cancer patients. Pellets are easy to use, provide continuous therapy at home, and reduce the need for repeated needling, which is contraindicated for weakened patients. Patients must have the pellets removed at the appropriate time in order to minimize the chance of infection. Remember, cancer patients have reduced wound-healing capacity. In general gold pellets are used to tonify the deficiency.

Standardized Pain Formula

A seven-point formula—For all types of pain. Add other points according to the location of the pain, i.e., shoulder, knee, low back, ovaries, and according to other signs and symptoms.

1. *Shenmen*—Pain in Oriental medicine is due to stagnation. There are many factors that can lead to this stagnation, such as Heat, Cold, Blood deficiency, and more.⁵ The Heart, according to *Zang-fu* theory, governs the Blood and is responsible for its movement. The *Qi* follows the Blood, thus stagnation and its clinical manifestation of pain can be treated through the use of *Shenmen*, which is analogous to treating the Heart.
2. Brain—The Brain point regulates all body systems thereby reducing pain, shock, and inflammation that are characteristics of pain. The Brain is the critical mediator in pain.
3. Sympathetic—The Sympathetic point stimulates the dilation of blood vessels, thereby reducing swelling, congestion, and inflammation, common characteristics of pain.
4. Diaphragm—This is a major point for treating *Qi* and Blood stagnation that lead to pain. The Diaphragm point assists breathing, and this moves the *Qi* of the Lungs and Liver by way of the control cycle. The use of the Diaphragm point is equivalent to opening the *Dai* channel, a channel regulating *Qi* and Blood flow throughout the entire body by way of the three *Jiaos*. Use the Diaphragm point to promote homeostasis and redirect the Blood back to its proper pathway.
5. Adrenal—The Adrenal point is used for pain, shock, and inflammation. It regulates hormones that may be involved in the pain manifestation.
6. Liver—Liver promotes free flowingness of *Qi*, thereby regulating the Blood. The lack of such patency produces pain.
7. Relax muscle—This is a special point within the Liver area that addresses the muscular component of pain by relaxing the muscles.

Modalities and Contraindications

Perform an ear needle treatment in the office to activate the flow of *Qi* and Blood and to reduce pain. Tonify or sedate based upon the characteristics of the pain, i.e., whether coming from excess or deficiency. Do an ear pellet treatment in the opposite ear for treatment at home. Retain the take-home treatment for 3 to 5 days, and have the patient press on the pellet 3 to 5 times a day for 3 to 5 seconds. If the patient is needle sensitive, only needle the Sympathetic point or the point that you think might

bring the greatest relief, or simply use pellets. If the patient's complaint is due to a disorder that requires surgery, explain to the patient that the ear modality is being used for pain management until surgery, and has not been provided to mask the pain or to replace surgery. If the pain is in the chest or heart and there is a Phlegm component, do not use *Shenmen*. Use gold or silver pellets based upon the differentiation of the pain. See Appendix C for a comprehensive differentiation of pain.

Standardized Immunity Treatment

An eight-point formula—This is an effective formula for immune disorders. Add or delete points based upon signs and symptoms if needed.

1. *Shenmen*—In the treatment of immunity, *Shenmen* is an important point to balance and settle the patient, as patients with immune disorders are sensitive and delicate and frequently experience musculoskeletal pain.
2. Brain (Subcortex)—The Brain point enhances the functioning of the entire body, which is needed in immune problems.
3. Sympathetic—The use of the Sympathetic point in the treatment of immunity is to improve overall functioning and to reduce the pain that accompanies many immune disorders, such as fibromyalgia and lupus erythematosus.
4. Lung (Upper and/or Lower)—The Lung points assist in the treatment of immunity by improving respiration (i.e., oxygenation to the body), and help in the emotional components of immune disorders by moving the *Qi*, thereby reducing depression. Patients with immune disorders have systemic *Qi* deficiencies. The Lungs, as the Master of the *Qi*, control the *Qi* of the entire body.
5. Liver—The Liver point builds *Yin* and Blood. Patients with weak immunity have Blood and *Yin* deficiencies.
6. Kidney—The Kidney point is used to tonify the Root *Qi*, the basis of immunity.
- 7 and 8. Spleen and Stomach—The Spleen and Stomach points stimulate their respective organs to produce *Qi*, Blood, and *Yin*, which are deficient in immune patients.

Ear Acupuncture Formula for Terminally Ill Patients

1. *Shenmen*—To quiet the Heart, ground the patient, put the patient into state of receptivity for treatment, and to evoke calmness in the face of such illness. The Spirit, according to the Three Treasures paradigm and the *Neijing*, must always be treated first in order to ground it.

2. Brain—Controls everything. Affects the mind.
3. Heart—The Supreme Controller. Regulates the Blood. The Blood must always be regulated since the Blood anchors the Spirit. Reinforces *Shenmen*.
4. Liver—Promotes patency of Liver *Qi* to harmonize bodily energy.
5. Kidney—Supports the natural *Qi* cycle of growth, development, and decline.
- 6 and 7. Spleen Stomach—Balances, grounds, and adjusts muscles because of Five Element correspondences.

Alternate Points—*Sanjiao*, harmonizes three *Jiaos* of body.
Use gold pellets or gentle ear massage.

Clinical Note 3

The five previous formulae all have *Shenmen*, Brain, and Liver as core to their actions. Four of the formulae used Spleen/Stomach and Sympathetic. This demonstrates the multiple energetics of points and how they can be used for different conditions.

Miscellaneous Formulae

The next group of formulae treats other common illnesses. Energetics, except where different, will not be noted here. Use this section to test your understanding of point energetics.

Standardized Respiratory Formula

1. *Shenmen* (as long as no Phlegm)
2. Brain and/or Brainstem
3. Upper and/or Lower Lung
4. Kidney
5. Diaphragm
6. *Dingchuan*
7. Affected areas (i.e., nose, chest, etc.)

Fibrocystic Breast Disease

1. *Shenmen*
2. Brain
3. Sympathetic
4. Liver
5. Spleen
6. Stomach

7. Kidney
8. Mammary
9. Diaphragm

Acid Reflux Disease

1. *Shenmen*
2. Brain
3. Sympathetic
4. Spleen
5. Stomach
6. Liver
7. Cardiac Sphincter
8. Esophagus
9. Lung
10. Diaphragm
11. Throat

Peripheral Neuropathy

1. *Shenmen*
2. Sympathetic
3. Liver
4. Brain
5. Affected areas (i.e., fingers, toes, etc.)
6. Affected spinal segment

Stop Smoking

1. *Shenmen*
2. Liver
- 3 and 4. Lungs (Upper and Lower)
5. Kidney
6. Mouth
7. Stomach

Prescriptions from China

Prevention of Disease: The Nanking Army Ear Acupuncture Prescription

A simple and efficacious auricular acupuncture prescription for the prevention of disease was developed in China in the 1960s. Utilized by the Nanking Army and barefoot doctors during the Cultural Revolution, this formula was designed to strengthen the army's resistance to disease,

Table 8.1 The Nanking Army Ear Acupuncture Prescription

Points	Functions
Suprarenal (also known as Adrenal)	Regulates the hormones of the suprarenal gland, thereby treating infection, inflammation, and shock Regulates blood pressure Reduces fever and heat
Internal Secretion (also known as Triple Warmer)	Regulates internal secretions; stimulates body fluids (<i>Jinye</i>) that contain humoral messages that are part of the immune response Harmonizes the three <i>Jiaos</i> Promotes digestion and absorption
Dermis (also known as Lung)	Oxygenates the blood; promotes circulation Regulates body temperature Strengthens the <i>Qi</i> (the Lungs are the Master of the <i>Qi</i>) and reinforces the <i>Qi</i> of the Lungs to protect against exogenous invasion and to enhance systemic <i>Qi</i>
Spleen	Controls the Blood, circulates the Blood Strengthens digestion Nourishes the muscles Strengthens the <i>Qi</i>
Liver	For iron deficient anemia Dispels Evil Winds by moving the <i>Qi</i> Facilitates the digestive process to support postnatal <i>Qi</i> production Moves Liver excess

especially pernicious pathogens, such as malaria, epidemic influenza, and mumps. The Nanking Army protocol is now considered a “prevention of disease” treatment. See Table 8.1.

In this study, the first company (who received this treatment every 10 days over a course of 12 treatments) had an annual malaria rate of 1.2% in contrast to the second company who had an annual rate as high as 8.5%. Of the group who received ear acupuncture, 80% showed an increase in appetite, improvement in sleep, and strengthened resistance. Those who were treated rarely caught a cold or suffered influenza.⁶

The strength of this formula lies in its ability to prevent disease. Together these points strengthen the antipathogenic factor (the true *Qi* of the body). However, the prescription can also be used with good results when a patient has an illness such as the flu or the common cold. Use seasonally and preventatively.

The Nanking Army formula is ideal for those who are weak, immunodeficient, dislike needles, or who are very young or elderly. The prescription may be used alone or as a supplement to other treatments.

Needles can be used daily or magrain gold pellets applied to the points every 3 to 5 days for as long as necessary. You should find this formula helpful in your practice.

Other Formulae from China

On my first study tour to China in 1988, I saw ear acupuncture used as a primary and independent modality on a large-scale basis. Patients, who expressed their dislike of needles (particularly women, teenagers, and the elderly), preferred this modality of treatment. A list of prescriptions that was used repetitively for the most common clinical conditions is provided next. The reader is encouraged to consult these formulae and try to infer why each point was selected. Then if you choose to apply them to a particular patient try these points that match your diagnosis and treatment plan.

Gallstones

Shenmen

Liver

Spleen

Stomach

Brain

Hypertension groove

Sympathetic

Vagus

Myopia

Shenmen

Occiput

Liver

Spleen

Stomach

Heart

Kidney

Lung

Eye

Eye 1 and 2

Stop Smoking (Three Different Formulae)

A

Shenmen

Upper and Lower Lung

Brain

Adrenal

B

Shenmen

Mouth

Spleen

Stomach

Adrenal

Upper or Lower Lung

C

Endocrine

Adrenal

Hunger

Infection

Outer Ear (helix)

Adrenal

Occiput

Kidney

Breast Disorders/Fibrocystic Breasts or Breast Distention

Mammary

Stomach

Endocrine

Insomnia

Shenmen

Heart

Kidney

Brain

Hiccup

Diaphragm

Gastralgia

Shenmen

Stomach

Duodenum

Abdomen

Leukorrhea

Endocrine

Kidney

Ovary

Headache

Shenmen

Brain

Weight Loss (Three Different Formulae)

A

Shenmen

Stomach

Lower Lung

Hunger

B

Shenmen

Endocrine

C

Stomach

Brain

Hunger

Thirst

Case Histories

Dingchuan and Stop Wheezing

The patient (a student) was a 56-year-old female who had severe asthma most of her adult life. She needed an inhaler on a regular basis to help her breathe. One day in class as I was teaching the students about auricular medicine, she experienced an attack. As she reached for her inhaler, I suggested that she let me needle the point *Dingchuan* in her ear. As soon as I did, she immediately was able to breathe easier. To consolidate the treatment, I also needled the Stop Wheezing point. The student reported that she no longer requires her inhaler when she treats herself, even with pellets, on these points.

Oncology Formula for the Side Effects of Chemotherapy

One year when I was supervising a student clinic at an oncology treatment center, we saw a patient who was very tired. She told us that she had confessed to her doctor that she “felt like a slug” and her doctor told her to get used to that feeling because that is how she would feel for the rest of her life. Because Oriental medicine treats the whole person and has known success in enhancing our feelings of well-being, I didn’t believe that was the way she had to feel now or for the rest

of her life. I administered the Standardized Oncology Formula that I had devised specifically for that clinic as a core treatment for patients who were undergoing chemotherapy and radiation. Gold magrain pellets were placed on the points and retained for about a week. The next week the patient was ecstatic. Her face and voice were animated and her spirit was exuberant. She told us that she no longer felt like a slug, but rather felt like herself and she could not wait to tell her oncologist that she felt her quality of life could return with the help of ear acupuncture. My students and I were humbled that the simple gesture of applying gold pellets to her ear was so beneficial.

The Lumbar–Sacral Area

In the course of treating a patient for a certain complaint, she also reported that her lower back, specifically in the lumbar-sacral region, was always painful. She had sought acupuncture from a renowned practitioner for this problem, but the treatment did not help. When I inspected her ear, I could see broken blood vessels in that portion of the Vertebral points indicating poor circulation in that area. I inserted an intradermal needle in an upward direction through the Lumbar area toward the Sacral vertebrae. Immediately she said her back felt perfect and years later she reports that the problem has never reoccurred.

The Prostate Point

The patient was a middle-aged man who had periodic inflammation of his prostate gland. When this occurred, his symptoms consisted of burning pain in the penis, referred pain in the perineum, incontinence, painful sex with an inability to ejaculate, painful urination, difficulty initiating the stream, urinary urgency and frequency, and night urination. When this occurred, I would treat him on an emergency basis simply by needling the Prostate point in the ear. Within 10 seconds of inserting the needle, he would become peaceful, very relaxed, and even sleepy and relieved of the pain. I would leave the needle in place for about 20 minutes. When he left the office, he no longer had the pain that accompanied his prostatitis.

Lung Points for Skin Disorders

The patient developed a severe case of dermatitis by working in a very hot and greasy restaurant kitchen as a cook. The skin problem began as a large rash on the medial aspect of the patient's arms,

specifically originating at the cubital crease close to Lung 5 (*Chize*), Heart 3 (*Shaohai*), and Pericardium 3 (*Quze*), and spread outward. The skin rash was red, raised, and unbearably itchy, and became worse when at work. Initially the patient consulted a dermatologist who prescribed a cortisone cream for external application whose benefits were short-term but helped momentarily. The patient could not stop scratching the area and this contributed to making it even itchier and more inflamed. At that point the patient decided to see an acupuncturist. The acupuncturist put together a small ear acupuncture prescription consisting of a Lung point, which controls the skin; *Shenmen* to quiet the Heart and also to treat pain, skin problems, and inflammation; and Sympathetic for the inflammation and pain. Within seconds of application of the needles, the skin itching diminished. The patient left the office with the needles left in place in her ear. They fell out about an hour later. The results of this treatment lasted 5 days. At that point, the patient had another ear acupuncture treatment with the same points and the skin problem was resolved in less than 2 weeks.

***Shenmen* for Shock**

Following a car accident, a patient arrived at my office. He clearly was not himself. His pupils were dilated and his eyes were glassy. He spoke in run-on sentences and was clearly disturbed by the accident. He felt he had experienced some whiplash, as musculoskeletal pain began to set in. In prioritizing the treatment, I saw he was in shock and needed to be grounded. I inserted a needle into ear *Shenmen* and balanced the treatment with body point Kidney 6 (*Zhaohai*). As soon as *Shenmen* was needled, he settled down and became quiet and peaceful. Kidney 6 likewise served to bring his energy down and out of his head, to anchor his Spirit, and to quell the trauma that he was experiencing. When he left the office, he was back to himself and did not display the symptoms of shock.

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9. Clinical Research and Effective Points

Research Summary 1974 to 2001

Objective

- Evaluate select clinically effective points in the literature from 1974 to 2001 to appreciate the points' effectiveness when combined with particular auricular modalities

Introduction

Research in the field of auriculotherapy substantiates the effectiveness of ear acupuncture and can inspire the practitioner to use ear acupuncture in many cases, either as the primary mode to treatment, or at least as a supplementary option. Many studies¹ demonstrate ear acupuncture's effect on conditions such as:

- Pain control
- Respiratory problems
- Circulatory disorders
- Digestive problems
- Urological diseases
- Gynecological and obstetrical illnesses
- Pediatric diseases
- Otolaryngologic illnesses
- Ophthalmologic disorders
- Dermatologic disorders
- Diseases of the nervous system
- Acute abdominal diseases
- Reduction in body weight
- Abstinence in smoking and drinking

Continued research is being done in many areas of the field and the practitioner is encouraged to keep abreast of studies, particularly as presented by journals in the profession and especially to document his or her own case studies, and results of both failures and successes.

In this chapter, the conclusions of several studies done in the field of auricular acupuncture are highlighted. Such research includes the use of the specific effective auricular points and the modalities used in these treatments. The material is organized according to specialties in auricular acupuncture that the practitioner can find useful in his clinical practice. Studies that are redundant are not summarized, only their more differentiating and salient aspects. For more detail as well as an appreciation of the broad clinical success in many more areas of treatment and the selection of diverse treatment modalities, the reader should consult the original material referenced in the extensive bibliography that is found at the end of each chapter particularly this one that spans three decades. Chapter 10 includes the new literature update from 2001 to 2014.

Weight Reduction

The preponderance of early literature on ear acupuncture centered on the topics of weight reduction, drug withdrawal, and pain control. As a result, using the ear for these conditions has been the common impression that the public and medical doctors have of the applicability of ear acupuncture, although as we have seen, its usefulness is almost unlimited. The overall conclusion from such studies unequivocally supports the use of auricular acupuncture for these difficult-to-treat disorders. There are certainly limitations to its use, however. These are behavioral problems that have complex and intricate social, cultural, physical, and emotional components. The value of auricular acupuncture is clearly evident, however, and it can be used as a valuable part of weight reduction, drug withdrawal, or pain control plans.

The Stomach point is obviously a point to incorporate into the treatment of obesity and weight loss. Apostolos Apostolopoulos² explains, “The organ points are found within the vagal zone, which has a parasympathetic innervation. The regional action of the Stomach point is related to the vagus nerve. As such, the Stomach point serves to reduce the motility of the stomach in particular and of the digestive tract in general. On the other hand, it also has the effect of reducing the secretion of gastric acid, which is under the control of the sympathetic nervous system. The clinical effects of these actions diminish the sense of hunger.”

Other studies corroborate this concept. “Not only does acupuncture stimulate the auricular branch of the vagus nerve, but it also raises serotonin levels, both of which have been shown to increase tone in

the smooth muscle of the stomach, thus suppressing appetite. In one study, 95% of overweight subjects noticed suppression of appetite when electric stimulation was applied to the *Shenmen* and Stomach points. No participants in the control group noticed such a change. The study concluded that frequent stimulation of specific auricular points is an effective method of appetite suppression, which leads to weight loss.”³

In an earlier study by Alkaysi et al.⁴ on pathological obesity (defined as weight 20% greater than one’s ideal body weight), “Electroacupuncture was applied to the following points: Anus, Ear Apex, Adrenal, Forehead, Temple, Tooth. The explanation for the use of these points was not provided in the study. Good results were obtained and the authors concluded that auricular acupuncture stimulation is a suitable method of treating pathological obesity.”

Further studies in obesity showed that “points relating to weight loss cause a reduction in insulin at the time of an empty stomach.”⁵ Weight loss studies also maintain a tenet that makes sense because of the multiple functions of the ear points and demonstrates that auricular treatment is not only symptomatic. Xu⁶ found, “Not only can weight be lost, but improvement in body function can be obtained.”

The conclusion from many weight loss protocols is that Stomach and *Shenmen* are the two primary points involved in weight loss. The Stomach point directly affects Stomach function and controls physiological scenarios that suppress hunger, reduce appetite, and improve overall Stomach organ function. *Shenmen* reduces the anxiety, nervousness, and restlessness associated with weight loss.

Drug Withdrawal

In the many studies that have been done on smoking and drug addictions, the preponderance point to the use of two core points, *Shenmen* and Lung, as necessary to treatment. *Shenmen* reduces withdrawal symptoms, such as restlessness, nervousness, anxiety, and cravings. It has a stabilizing effect. The major action of the Lung point is to decrease lethargy, which can develop when the use of stimulants is denied. Because the Lung is the master of the *Qi*, the energy of the body is increased through its use. Thus the body’s own natural ability to regulate proper energy is stimulated.

Researchers H.L. Wen and A.Y.C. Chung first developed a clinical protocol for treating drug withdrawal by using electrical stimulation of the ear. Later, a study using two needles on each ear found

“Lung to regulate energy, and Liver to address alcoholism, plus other points based on withdrawal symptoms, to be central to drug detoxification.”⁷

The treatment of drug addiction is complex due to the cultural, social, and physiological variables associated with addiction. Auricular medicine is a simple, easy, relatively convenient, and cost-effective treatment to assist in the difficult withdrawal process. W.M. Niu et al.⁸ showed that “the short-term curative effect in groups receiving electroacupuncture combined with ear pressing therapy was found to be equivalent to groups treated by methadone maintenance. However, the reoccurrence rate in patients treated with ear acupuncture is significantly lower.” An Avants et al.⁹ study between cocaine-dependent patients and methadone-maintained patients showed “cocaine use decreased significantly for patients receiving body acupuncture or ear acupuncture compared with the methadone maintenance group.”

The National Acupuncture Detoxification Association (NADA) has popularized the use of ear acupuncture in drug detoxification in the United States and abroad. The NADA five-point protocol utilizes *Shenmen*, Sympathetic, Kidney, Liver, and Lung to treat narcotic, alcohol, and nicotine addiction. The NADA protocol is also called the Lincoln protocol. The energetics of those points in the detoxification protocol should be apparent now that the energetics of the points have been discussed throughout this book. Those clinicians trained as specialists in the NADA protocol have completed a great deal of successful work and helped many thousands of patients suffering from the enslavement of various addictions. Addiction withdrawal is not my area of ear expertise, so it is best to directly consult the literature and studies done with this procedure or ear detox specialists if the reader has interest in this important area of treatment.

Smoking is also an addictive behavior. Tiziano Marovino¹⁰ reports, “After using laser auriculotherapy for nicotine detoxification, 48% of the subjects still were not smoking 3 months later. However, they were intrinsically motivated individuals who did not have high stress levels. The laser was employed to minimize the withdrawal symptoms—not to cure the entire biopsychosocial constellation of variables that are inherent in any type of addiction.”

X.S. Liu’s¹¹ study using *semen vaccaria* showed that “ear treatment affects the sense of taste. Cigarette smoke tastes bitter and undesirable to smokers once they begin ear treatment, thus reinforcing the undesirability of the habit.”

Pain Control and Burn Trauma

Relieving the complex process of pain that is part of the human condition has been a focus in medicine, and ear acupuncture is no exception. In almost all types of pain that do not require surgical intervention, Oriental medicine and ear acupuncture have been highly successful in the remediation of pain. Auricular acupuncture can be selected as a modality of choice to assist in pain control, pain reduction, and even remediation, if the causative factors are acknowledged. If points are selected carefully according to the diagnosis, and if ear point location and needle technique are correct, pain may be alleviated in a matter of seconds to hours. In my experience, I have found that the more acute the pain, the faster it can be relieved, versus chronic pain, which takes longer due to lingering etiological factors.

Hua Sun¹² writes, “Comparisons of randomized patients assigned to receive body acupuncture vs. auricular acupuncture had an effective rate for the auricular acupuncture group that surpasses the body acupuncture group and that the difference was statistically significant.”

H. Wu et al.¹³ note that “in treating postoperative pain due to incisions, auricular medicine was successful over analgesics, which have several side effects. The operations included gall bladder removal, appendectomy, radical open colon and rectal operations, hernia repair, thyroidectomy, removal of mammary tumor, and subgastrectomy. The reason advanced for this is that auricular pressing dredges the channels, thus the stasis can be removed and the pain diminished.”

Beatrice Umeh¹⁴ points out, “In patients suffering from acute torticollis, a Nigerian study showed significant relief for patients within 24 hours by way of ear tacks. The researcher also concluded that tropical weather did not increase the chances of ear infection, although getting the ear wet did.”

In the management of pain and inflammation that are a sequel to burn trauma, E. Jichova and associates¹⁵ found “*Shenmen* and the thalamic projection points were effective in pain mitigation. They supplemented the treatment with body points LU 7 (*Lieque*), LI 4 (*Hegu*), and ST 36 (*Zusanli*).” This is a useful modality to consider because of the debilitating nature of burn pain and the relatively limited modalities that acupuncturists have at their disposal to treat those patients.

Sports Medicine and Musculoskeletal Disorders

As mentioned in Chapter 1, musculoskeletal disorders benefit from treatment with auricular acupuncture. From the area of sports medicine have come several studies that choose the ear for treatment. J.G. Lin and associates¹⁶ found that “using ear point pressing therapy with *semen vaccaria*, auriculotherapy was effective for increasing oxygen levels and lowering the lactic acid buildup that follows exercise. Some points that were effective include the Liver point, Lung point, Subcortex, Endocrine, and Triple Warmer. The Liver point assists the regulation of blood volume and Liver function, such as the nutrients used during muscular activity. The Liver point stimulates the Liver to remove lactic acid via metabolism or conversion. The Lung point aids nervous, digestive, and cardiovascular systems, and also modulates the function of the cerebral cortex and increases oxygen uptake. The Subcortex also known as the Brain point affects the cerebral cortex that governs the entire body, the Endocrine point regulates the endocrine system, and the Triple Warmer point controls all the visceral organs.”

In analyzing the functions of these points, it can be seen that they pertain to the organs integral to physiological functioning during exercise and recovery. The authors¹⁶ concluded, “In addition to these findings, overall, volunteers felt more comfortable during exercise. This has possible implications for longer and more intensive training, if desired. This study contains an excellent and understandable exposition on exercise physiology using both Western and Oriental paradigms.”

Polio

In the United States alone there are approximately 75,000 post-polio patients. Most physicians today have not seen acute poliomyelitis in their practices because polio was an epidemic in the 1950s and polio's presence in the modern world is almost nonexistent. Currently a new variant, post-polio syndrome (PPS), is present in about 25% of the polio population.

Post-polio syndrome is a constellation of symptoms that develop about 20 to 25 years after acute onset of polio in survivors. It is characterized by unaccustomed fatigue, joint and muscle pain, muscle weakness, loss of muscle use, respiratory problems, depression, and other criteria.

In a PPS ear study, points employed were *Shenmen*, Upper Cervical Vertebrae, Occiput (Atlas), Brain, Lumbar Vertebrae, Sympathetic Ganglion, Vagus Nerve, Diaphragm (point O, Zero), Ipsilateral (same side) Lung, Heart, plus additional local points. Using bilateral electrical

stimulation, good to excellent results were obtained, with 66.7% of participants reporting a return to preexisting levels of health. According to F. Doubler,¹⁷ this study appears to be the first effective, permanent, relatively simple, and inexpensive form of therapy for the treatment of post-polio syndrome.

Mental Health

Depressive States, Hallucinations, Anxiety, Psychosomatic Disorders, and Mental Retardation

In an interesting study by G.B.H. Lewis¹⁸ on the use of oral diazepam, ear acupuncture and a relaxation tape were compared as methods of controlling preoperative anxiety. Both of the drugless options were easy to use and suggest advantages over drugs when rapid recovery is desired. The point used was Wexu's Relaxing Zone—also known as the Chinese Nervousness (anxiety) point, Nogier's Aggressivity point, or Oleson's Worry Master Controller point. That point is located along the margins of the medial border of the lobe in the infratragal area. This same point was also found to be more effective than *Shenmen* in S.M. Wang and Z.N. Kain's¹⁹ study in significantly reducing anxiety in a normal volunteer population (i.e., did not have preoperative anxiety). The study concluded that the use of the Anxiety point helped in the regulation of anxiety prior to surgery.

"In 120 people suffering hallucinations and treated with auricular acupuncture, an 80% success rate was achieved in treating schizophrenia, reactive psychosis, senile psychosis, and climacteric disorder using the Anxiety point (discussed above), Subcortex, and External Auricle in the first treatment, and *Shenmen*, *Yangwei*, and Internal Ear in the second treatment."²⁰

In another study by M. Romoli and A. Giommi,²¹ "Patients with possible psychosomatic disorders of the cardiovascular, respiratory, and digestive systems were treated with ear acupuncture. It was found that the point most sensitized to stress was the Triple Warmer or *Sanjiao* point." This study emphasizes the importance of *Sanjiao* as a treatment point for clinical usage including psychosomatic disorders.

According to evaluation by standard IQ tests, L. Tian²² claims "128 children with mental retardation had an improvement in intelligence quotient (IQ) and social adaptation behavior (SAB) when treated with acupuncture, auriculo-pellet pressure, and herbal plasters on acupoints."

Gastric Disorders, Cholelithiasis

Biliary colic is a common and painful condition. Its treatment frequently requires intramuscular injections of conventional analgesics, which cause numerous side effects. In a study by Y. Zhang and associates²³ done on rabbits, it was found that “marked contraction of the gall bladder occurs after only 1 minute of stimulation of the Gall Bladder point, thus proving that the Gall Bladder point corresponds to the gall bladder in rabbits. The contraction lasted for 30 to 40 minutes.”

In another study²⁴ on the clinical effectiveness of ear acupuncture needles for biliary colic, a success rate of 93.33% was obtained. The only point used in this study was *Erzhong* or the Diaphragm point (also known as Point Zero by Nogier and the Master Point by Oleson). Pain was relieved in 2 to 5 minutes by twirling the needle for 15 seconds every 3 to 5 minutes. Hiccups, jaundice, infantile enuresis, dermatitis, diseases of the digestive tract, diaphragmatic spasm, and kidney and gastrointestinal colic also were found to be relieved by this point.

Z.Y. Li and colleagues²⁵ study found ear seed therapy to be 86.5% successful in eliminating gallstones. A 1989 study²⁶ had a 70% success rate in expelling gallstones from the Liver and Gallbladder along with the patient eating a lard-fried egg every day to activate the Gallbladder. The ear points used were Heart, Brain, Liver, Gallbladder, Kidney, *Shenmen*, and Spleen with semen vaccaria applied to the points. Motor function of the Gallbladder was initiated within 30 to 45 minutes.

Lung is one of the most clinically effective points for gastric ulcer because the Lungs, by dominating the mucous membranes, heal the lining of the Stomach.

Gynecological Problems

Climacteric Disorder and Dysmenorrhea

M.L. Wang²⁷ observed “for the treatment of symptoms of climacteric syndrome, marked-to-good improvement was obtained in 37 out of 42 cases when the type of disorder was properly differentiated. The primary points used were Kidney, Internal Genitalia, Subcortex, and Endocrine. For Kidney *Yin* deficiency with Liver *Yang* rising, Lung, Liver, and Spleen were added. For Kidney *Yin* deficiency with disharmony of the Heart and Kidney, Liver, Heart, and *Shenmen* were used. For Kidney *Yin* and *Yang* deficiency with Spleen weakness, the Spleen and Small Intestine points were included. If hypertension presented, the Hypertension groove and Liver points were added.

Pellets were retained in the ear for 3 days. Six sessions constituted a course of treatment and three courses were the average treatment time.”

D. Lewers et al.’s²⁸ study on the treatment of primary dysmenorrhea resulted in an average pain relief of at least 50% immediately posttreatment using TENS electrostimulation. The study also suggested that auriculotherapy via acupressure may relieve the same pain.

Rheumatoid Arthritis

Using ear treatment, R.S. Shapiro and associates²⁹ found that “the thymus point proved effective in patients with rheumatoid arthritis when using laser therapy. Patients obtained rapid pain relief and improvement in mobility. This suggests that drug reduction and improvement in the quality of life may be achievable in patients suffering from rheumatoid arthritis.”

A.B. Zhu and colleagues³⁰ study performed on experimental rats with acute arthritis showed electrical acupuncture had the therapeutic effect of promoting blood circulation, reducing extravasated blood, and detumescence on the area of pathological changes in the rats.

Ear, Nose, and Throat

Infantile Trachitis, Esophageal Motility, and Hiccups

Auricular acupuncture also was a useful therapeutic procedure, Hep et al. report, in treating impaired motility of the esophagus, a common finding in patients with functional blocks of the cervical spine.³¹

F.L. Li and colleagues³² write, “Intractable postsurgical hiccups that can continue for weeks following thoracic and abdominal surgery was effectively treated (95.2%) using ear needles that were retained for 20 to 40 minutes over the course of three treatments. The points treated were *Erzhong* (Diaphragm), *Shenmen*, and Sympathetic as the primary points, and Stomach, Liver, Kidney, Lung, *Yuanzhong* (Brain), Thorax, and Abdomen as secondary points.”

Coronary Artery Disease

Angina Pectoris, Arteriosclerosis, Blood Pressure, Hypertension, and Diabetic Angiopathy

X.Q. Zhou and J.X. Liu³³ help illustrate the role of auricular acupuncture in the area of cardiology. They demonstrated that ear *Shenmen*

and the Heart point played a significant role with just one treatment by reducing the frequency and duration of the symptoms of angina pectoris.

C. Feng et al.³⁴ point out that “transcranium doppler ultrasound examination revealed increased blood flow rates in the brain with significant differences before and after treatment when ear *Shenmen* was treated with electromagnetic therapy.”

Auricular acupoints also can treat hypertension. R.X. Zhou, Y.H. Zhang, and associates³⁵ illustrated that “a transient antihypertensive effect with semen vaccaria could be achieved for up to 1 month by using 5 to 6 of the following ear points replaced twice a week over a 3 month period: *Shenmen*, Sympathetic, Liver, Heart, Spleen, Kidney, *Erjian* (Ear apex), Lung, Helix 6, Subcortex, and the Hypertension groove. The most effective time to press was found to be before noon. The treatment worked better for females and Type A—*Taiyang*—or Fire-type patients.”

H.Q. Huang and S.Z. Liang³⁶ found “blood pressure was lowered with needling the Heart point. The short-term hypotensive rate was 100% and the forward effective rate was 63.3%.” P.I. Gaponiuk and M.V. Leonova³⁷ discovered that “certain patients with hypertension were able to discontinue drugs and other patients were able to reduce their drug intake.”

In the area of diabetes M.N. Solun and A.L. Liaifer³⁸ report, “In patients with insulin-dependent diabetes mellitus with functional stage of lower limb diabetic angiopathy, body and auricular points were successful. These points enhanced blood outflow and regulation of the lower limb, vascular peripheral resistance, and improved elastotonic properties of arteries of average caliber.”

Urinary Calculus

Retention

L. Chen³⁹ used the following points to relieve the symptoms of bladder stones as well as expulsion of the stones: Kidney, Endocrine, Urinary Bladder, and Sympathetic as the main ear points, and Spleen, Triple Warmer, Urethra, Brain, and Ureters as auxiliary points, using the semen vaccaria method.

Q. Wang and Y.Y. Zhao⁴⁰ found that “urinary retention due to post-operative anal pain was successfully relieved by needling in the ear. *Shenmen*, Sympathetic, and the center of the triangular fossa were used. The needles were rotated for 1 minute and then rotated until

micturition began. The time frame within which micturition began ranged from 5 to 30 minutes after treatment started.”

Skin and Immunity

Lupus Erythematosus

Lupus erythematosus is a disorder of the skin due to weak immunity. Y.S. Chen and X.I. Hu⁴¹ found that needles applied to points according to signs and symptoms showed good result in the treatment of discoid lupus erythematosus.

Myopia

Myopia is viewed in Oriental medicine as due to congenital insufficiency or bad eye habits. In young adults, H.F. Cheng⁴² shows “Myopia was well treated using semen vaccaria on Eye 1, Eye 2, Eye, Occiput, Liver, and Kidney. Three courses of treatment produced a 93% success rate.” An H. Liu et al.⁴³ study reports a 44.3% improvement of adolescents’ myopia and a 98.5% increase in visual acuity using semen impatiens. Treatment was administered once a week with four treatments constituting a course of treatment, and one to four courses administered.”

A study by C. Yang and colleagues⁴⁴ combined ear-pressing therapy with injections of placenta to treat myopia. The placenta injection was used to enhance the semen vaccaria’s known efficacy. Placenta has been shown to have good effect in the treatment of strain, constitutional feebleness, and chronic ocular disease. Placenta invigorates *Qi*, nourishes Blood, replenishes body Essence, and, as a tonic, corrects congenital insufficiency and deficiency of *Qi* and Blood.

For further discussion from research and clinically effective points see Chapter 10.

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Clinical Research and Effective Points, and New Formulae for Medical Conditions

Research Summary from 2001 to 2014

Objectives

- Gain a general appreciation of advances in ear acupuncture research from 2001 to 2014 and their common points in treatment
- Compare earlier and modern-day studies
- Recognize the most common clinical energetics of the points of the ear employed in addiction treatments

Introduction

In a literature search after the first edition of this book was published in 2004, an updated research study was conducted from 2001 when the book was first submitted for publication through early 2014. That complete bibliography is found at the end of this chapter. Formulae, facts, and clinical notes of interest in skeletal format based upon the information in the journal articles (that can be vague) augment the material in the first edition of this book and are presented within this chapter. Some of the predominant topics found in the first edition continue to be relevant studies such as drug addiction, anxiety, vision problems, and weight loss. Others such as the treatment of cancer and posttraumatic stress are new topics. They illustrate the versatility of auricular acupuncture, the creativity of the researchers, and the compassion of clinicians. As mentioned in Chapter 2, there are many different ear maps. Ear point locations for the same structure or points within them may be named differently. To foster communication, correct clinical and proper disclosure in research at the outset the practitioner should disclose which map he or she is using. This is rarely the case.

Drug Addiction

Many studies in auricular acupuncture have been conducted on the topic of drug addiction, most concerning cocaine abuse. Results have ranged from inconclusive to successful, and this is understandable because as with all addictions, such behavior is very complicated. Methodological problems are profuse with the studies not just for addictive behaviors but in much published research. For further information on such problems, see Chapter 14 on ethics and research. Often no Chinese differentiation of syndrome has occurred or no treatments standardized. Sometimes patients have been paid to follow up on treatment that confounds the variables of measurement for money may be the variable that is measured. Generally the National Acupuncture Detoxification Association (NADA) ear acupuncture protocol has been employed to treat addictions. A perusal of the energetics of those points—*Shenmen*, Sympathetic, Lung, Liver and Kidney—can be useful in understanding how each point contributes to the clinical outcome.¹

Pathology of Drug Abuse

The pathology of drug abuse helps us to understand how to treat drug addiction with auricular medicine. Addictive drugs used abusively consume *Yin* and *Jing*. As a result withdrawal symptoms can be viewed as *Yin* deficiency. Excess sweat, anxiety, and insomnia are Heart pathologies treated through *Shenmen*. Anger, irritability, and euphoria are a result of Liver pathology. Diarrhea and loss of appetite are Spleen problems, and paranoia a Kidney symptom. The Sympathetic point is used to dilate blood vessels, reduce the pain of withdrawal, and balance the sympathetic and parasympathetic branches of the autonomic nervous system.²

Some studies did not employ the Kidney point, yet Kidney is a main point to strengthen *Jing* and the foundation *Yin* in the body. D'Alberto says it cannot be overemphasized how critical the Kidney point is to the treatment of addictions.³ Overall the NADA formula tonifies the *Yin* of the Lung, Liver, Heart, and Kidney. The Lung point has the greatest connection to the vagus nerve thus blocking dopamine uptake. Dopamine, a chemical in the brain, mediates pleasure. Several addictive drugs stimulate dopamine release and others such as cocaine and amphetamines inhibit it and by doing so dopamine molecules come out of storage, thus increasing pleasure and addiction. Ear acupuncture interferes with this uptake.

The Lower Lung point additionally assists in grieving and letting go of the addiction or underlying problems.⁴

Drug Cravings, Anxiety, and Anxiety in General

Anxiety is defined as a persistent feeling of dread, apprehension, or impending disaster and uneasiness. In a study on reducing the symptoms of drug withdrawal in prisoners, patients in the sham and NADA groups reported reduced symptoms of discomfort and improved night-time sleep. In time the sham effect was reduced.⁵

Treating anxiety in an ambulance with ear acupuncture on the Relaxation Point, in my system the Hypertension point in the triangular fossa, helped reduce anxiety on the way to the hospital.⁶ Body *Sishencong* and *Shenmen* did more in reducing anxiety, tension, calming, slowing down the heart rate, activating the parasympathetic nerves, and slowing the activity of the cerebral cortex and are good points for the treatment of anxiety.⁷ Auricular acupuncture for dental anxiety reduced prolonged sedation.⁸ In another study comparing *Shenmen*, the Relaxation point, and a sham point, patients in the Relaxation group were significantly less anxious than in the other two groups. The Relaxation point used in my system is the Hypertension point located within the triangular fossa. Both auricular and body acupuncture were effective in the treatment of preoperative anxiety. *Shenmen* is the point of choice for pre-operative anxiety.⁹ Maternal anxiety was decreased during the preoperative period for children undergoing anesthesia. This is useful because there is correlation with an increase in the child's anxiety when it is present in the mother.¹⁰

Athletes

Auricular acupuncture is useful for athletes. In a study on boxers it had the effect of slowing the heart rate, reducing oxygen consumption, increasing lactic acid removal, and decreasing warm-up time.¹¹

Analgesic Function

A combination of auricular and body acupuncture for analgesia in lithotripsy made patients less anxious before surgery and reduced the analgesic requirement before the procedure. This is very useful because in some normal analgesic procedures certain drugs actually make the patient more anxious.¹²

Cancer

Cancer of course is a pervasive human disease. Vomiting induced by chemotherapy can be reduced with auricular acupuncture, especially if Pericardium 6 is first treated. Also, the pain caused by tumor invasion, surgery, chemotherapy, and radiation can be treated with auricular therapy, thus contributing to quality of life. In this case the auriculotherapy seems to act differently than the body acupuncture.

There are types of pain that do not respond well to drug treatment. Acupuncture relies on two hypotheses: that there are specific points that should be treated for a given patient with given symptoms with auriculotherapy in decreasing neuropathic pain in cancer patients, and that the insertion of the needles at these points alleviates the symptoms.¹³

Congenital Nystagmus and Ocular Myasthenia

Congenital nystagmus is defined as involuntary rhythmic eye movement that also affects visual acuity. Nystagmus was decreased and visual acuity improved. The oculomotor points include the Eye proper (in the center of the lobe) along with the clinically effective points Eye 1 and Eye 2. Ocular myasthenia was also improved with the Eye points and *Shenmen*.¹⁴

Diabetes

To reduce blood sugar levels the following prescription was used: Pancreas, Thalamus (Brain), and the Lower Blood Pressure point, in my system the Hypertension point. Remember from Chapter 4 the Pancreas point is also known as the Diabetes point.¹⁵

Epileptic Seizures

Ear acupuncture suppresses epileptic seizures via the parasympathetic system because the nerves enervating the external ear have parasympathetic innervations. Epilepsy is characterized by increased sympathetic activity and decreased parasympathetic action. High sympathetic function leads to death and heart failure. Some epilepsy is resistant to drugs and leads to depression. The use of ear points is valuable.¹⁶

Hip Pain

Auriculotherapy using *Shenmen*, Lung, Forehead, and Hip is a complementary analgesic method for hip pain. It also reduced drug

requirements, reduced preoperative anxiety, anesthetic requirement, and postsurgical pain. Even sham acupuncture had a 40–60% success rate.¹⁷

Insomnia

In a review of the frequency of insomnia in women the following points had the listed success rate: *Shenmen*, 100%; Heart, 83%; Occiput, 67%; Subcortex, 50%; Brain and Kidney, 33%; and Liver, Spleen, Endocrine, and Sympathetic, each 16%. Sample size was small and the study was only short term.¹⁸ Please note this study does not equate Brain with the Subcortex as I do.

Knee Surgery

In the first study on the knee, relief of pain from knee surgery was 70% with the points *Shenmen*, Knee, and Lung (for vagus nerve control). As we have seen, even sham acupuncture had positive effects and led to a 40–50% reduction in pain. The sham effect can partially be explained because cutaneous puncture always causes a physiological reaction, triggering neural pathways. The ear acupuncture group required less ibuprofen after surgery.¹⁹

Low Back Pain

Approximately 60–90% of the adult population will suffer from low back pain at some point in their lives. Pain relief was obtained with auricular acupuncture and electrostimulation. It is important for patients with musculoskeletal problems to move the affected area when the auriculotherapy is applied. Another article stressed that electroacupuncture is more effective than conventional ear acupuncture for chronic low back pain. Continuous stimulation at home with a disposable electrical device augments treatment.²⁰

Menopause

Auricular pressure was used in patients in peri- and early menopause. *Shenmen* and Subcortex (Brain) points were used bilaterally resulting in decreased need for medication.²¹

Obesity

Using auricular acupuncture promoted a feeling of satiation for obese patients. Points were treated bilaterally. Lipid metabolism was

enhanced and intradermals were used. Auricular acupuncture can be used as a complementary modality along with other behavioral treatments.²²

Postoperative Agitation in Elderly Patients

Postoperative agitation in elderly patients can be a problem if their agitation leads to injury, hemorrhage, and removal of tubes and catheters. In such cases restraints are commonly applied. In patients with a history of prior agitation, tranquilizing points are useful. In this study Point Zero, in my system the Diaphragm point, applied bilaterally, promoted homeostasis and supported the action of other points used.²³

Posttraumatic Stress

Posttraumatic stress studies arose directly out of the 9/11 terrorist attacks. NADA therapists noted that ear needling confers “improved hope” and that hope may be more important than previously expected in PTSD patients.²⁴ Subthreshold PTSD leads to increased risks of suicide, so the ear can treat anxiety before progressing further. A strength of ear acupuncture is its nonverbal ability to promote relaxation and trust. Later after acupuncture, people can consider verbal counseling. Transference was avoided as well.²⁵

Pregnancy

Pregnant women suffering from low back pain and posterior pelvic pain received continuous auriculotherapy for one week with press needles in the last trimester of their pregnancy. Since there is no safety data using auricular press needles continuously on pregnant women, the researchers decided from clinical experience that one week was safe in the last trimester to treat back pain.²⁶

Spinal Cord Injuries

Electrical acupuncture therapy for patients with spinal cord injuries at unspecified points on the antihelix, helix, and lower portion of the back of ear in the emergency room or soon after spinal intervention along with electroacupuncture to body points Small Intestine 3 and Bladder 62 contributed to significant neurologic and functional recoveries when implemented early in acute spinal cord injury.²⁷

Vomiting and Nausea

In a first-of-its-kind study, auricular acupuncture was found effective in reducing vomiting (including dry retching) following transabdominal hysterectomy in female patients. The acupoint Pericardium 6 was helpful as an adjunct point in the recovery room when electroacupuncture was applied. Interestingly, the point was not useful with laparoscopic hysterectomy. Points used were *Shenmen*, Sympathetic, Stomach, and Occiput.²⁸

Patients reported postoperative nausea and vomiting (PONV) following cholecystectomy as more of a concern than the postoperative pain. The following points reduced the vomiting by 100% in the acupuncture group 24 hours after surgery: *Shenmen*, Sympathetic, Stomach, and Occiput, while the incidence of vomiting in the sham groups was 66%. The incidence of nausea in the sham acupuncture group was 74% and that in the acupuncture group only 6%. PONV is the leading cause of readmission to hospitals with a rate of 53–72%. Intraoperative hypotension causing brainstem hypoxia leads to vomiting, and intestinal tissue is active metabolically and has poor intolerance for hypoxia. Serotonin is released which is a highly emetogenic substance (i.e., induces vomiting). Administer acupuncture in the recovery room.²⁹

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11. Multiple Uses of Auricular Points*

Objectives

- Identify the criteria for ear acupuncture point selection in a treatment
- Recognize the multiple energetics of ear points by comparing their use to the treatment of several diseases.

Introduction

Assuming the clinician knows how to correctly diagnose and differentiate an illness as well as how to precisely locate and select auricular acupuncture points for a prescription, it is interesting to see how versatile the ear acupuncture points are for numerous and unrelated medical conditions due to their multiple, broad-based energetics that are the hallmark of Oriental medicine.

While a general rule of Oriental medicine is to “treat what you see” so that the unique energetic configuration of the individual is responded to, there are still what we might call core ear acupuncture points that the practitioner can frequently use so that the essential features of an illness are addressed. My recommendation is not that practitioners memorize any prescription but rather that they try to understand how each point contributes to the formula. By doing so, they will test their understanding of the etiology, pathogenesis, and signs and symptoms of a disease, and thus be able to effortlessly select these points when such an illness is encountered without the need to reference point energetics.

This chapter provides the reader with a comprehensive list of clinically effective formulae for the treatment of 26 common diseases. This information is offered in Table 11.1 in alphabetized chart form that makes it easy to access and study as well as to visualize the multiple functions of the same points. Certainly the practitioner should not apply these points to the treatment of any illness without understanding the person’s medical history and the specific differentiation of the disease, which may have

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Table 11.1 Core Acupuncture Points for the Treatment of Common Illnesses

Illnesses	Points									
	Shenmen	Brain	Sympathetic	Adrenal	Endocrine	Kidney	Liver	Heart	Spleen	Other Points
Anxiety	X	X	X	X		X		X		Diaphragm
Asthma	X	X	X	X	X	X	X			
Carpal Tunnel Syndrome	X	X	X	X					X	Fingers, Wrist
Cholecystitis	X	X	X				X			Gallbladder, Stomach, Diaphragm
Chronic Fatigue	X			X		X	X		X	Lung
Coronary Artery Disease		X	X	X			X		X	
Diarrhea	X					X	X		X	Large Intestine, Stomach, Triple Warmer
Eczema	X	X	X	X			X	X		Lung
Facial Paralysis	X	X		X			X		X	Cheek, Diaphragm, Jaw, Triple Warmer, Brainstem

(Continued)

Table 11.1 (Continued) Core Acupuncture Points for the Treatment of Common Illnesses

Illnesses	Points									
	Shenmen	Brain	Sympathetic	Adrenal	Endocrine	Kidney	Liver	Heart	Spleen	Other Points
Fibromyalgia	X	X	X			X	X	X	X	Relax Muscle, Triple Warmer, Diaphragm
Herpes Zoster	X	X					X			Lung, Diaphragm, Local area
Insomnia	X	X				X	X	X	X	
Irritable Bowel Syndrome	X		X				X			Large Intestine
Menopause	X	X		X	X	X	X	X	X	Ovary
Migraines	X	X	X				X			Diaphragm, Ear apex
Multiple Sclerosis	X	X	X			X	X		X	
Myopia	X	X				X	X	X	X	Eye, Eye 1, Eye 2, Stomach
Neurodermatitis (Chronic lichen simplex)	X						X	X		Lung, Local area involved
Otitis Media	X			X		X	X		X	Inner ear, Mouth

(Continued)

Table 11.1 (Continued) Core Acupuncture Points for the Treatment of Common Illnesses

Illnesses	Points									
	Shenmen	Brain	Sympathetic	Adrenal	Endocrine	Kidney	Liver	Heart	Spleen	Other Points
Postpartum Depression	X	X			X	X	X	X		Diaphragm
Posttraumatic Stress Disorder	X	X	X	X		X	X	X		
Rheumatoid Arthritis	X	X	X			X	X		X	
Sciatica	X		X				X			Sciatic
Temporomandibular Joint Disorders	X	X	X				X		X	Jaw, meridian involved (i.e., Stomach, etc.)
Tinnitus	X	X		X		X	X			Diaphragm
Torticollis	X	X					X			Cervical vertebrae, Diaphragm, Neck

Source: Abbate, Skya, *Advanced Techniques in Oriental Medicine*, Chapter 22, Thieme Publishing Group, Stuttgart Germany, 2006. With permission.

several patterns. Correct location of the ear points of course is essential to the treatment and the reader is encouraged to consult standards in the field, including Chapter 3 of this book.

The salient energetics of the core acupuncture points are summarized and listed next so that the reader can appreciate their role in the auricular prescription. For a full discussion of these point energetics, consult Chapter 4 in this book.

Point Energetics

Shenmen

Shenmen is the foremost point in the treatment of virtually every disease. Analogous to body *Shenmen* (Heart 7), Ear *Shenmen*'s functions largely pertain to the Heart. Like body *Shenmen*, the earth point and thus the sedation point of the Heart meridian, ear *Shenmen* can add or take away "Dampness" from the body depending upon the needle technique employed. By virtue of this physiological function, when tonifying, *Shenmen* grounds the patient, and calms the Spirit thus putting the patient into a state of receptivity for treatment. It should be the first point treated in any ear acupuncture prescription because of these energetics. The only contraindications for *Shenmen* are when there are already excess Phlegm or Dampness that would compromise the Heart and Lungs as in the case of COPD (Chronic Obstructive Pulmonary Disease), or asthma or bronchitis characterized by excess Phlegm. It is not contraindicated in other Damp disorders such as leukorrhea, eczema, or obesity.

The Heart is the supreme controller and governs the Blood. Thus all Blood disorders of vacuity, Stagnation, extravasation, or rebelliousness can be treated with *Shenmen*.

The Neijing reminds us, "When the heart is serene, all pain is negligible" and this function is largely related to the Heart's role in blood regulation as well as the strong relationship of the Heart to the mind and the Spirit. Indeed, *Shenmen* proves to be a primary point in the treatment of pain.

Because of its internal pathway of "the eye system," the Heart also has a strong connection to the eyes and can benefit many ophthalmological disorders.

Brain

In my opinion Brain is the second most important auricular point and should be used in almost every ear prescription. I cannot think

of an exception. The Brain controls everything—all bodily systems, organs, and parts—and thus it controls pain perception, movement, and the proper functioning of every body part.

Sympathetic

Sympathetic is another major auricular point instrumental in balancing the two branches of the autonomic nervous system: the sympathetic and parasympathetic branches. It promotes dilation of blood vessels, which aids in the relief of pain.

Adrenal

The Adrenal point strengthens the function of the Kidney, particularly by controlling adrenal hormones involved in stress reactions. It reduces pain and quells anti-inflammatory responses.

Endocrine

The Endocrine point, sometimes referred to as the Internal Secretion point, regulates all the endocrine glands needed for homeostasis of the internal bodily environment. It is useful in all endocrine, that is, hormonal disorders. (Note: Some sources also call the Triple Warmer point the Internal Secretion point so the use of the Internal Secretion point needs to be clarified by the author with reference to the location and terminology. To assist in clarification I tend to think of Endocrine as the Internal Secretion point and I use Endocrine and Triple Warmer as described in this text.)

Kidney

Kidney is the organ that encapsulates the person's genetic inheritance (constitution) as well as the state of one's current health (condition) and their interface. It is useful in all chronic problems and treatments of the domains that the Kidney controls in Oriental and Western medicine. The Kidney is the root of the *Qi*. It anchors and secures the *Qi* thus keeping the person healthy and balanced physically and psychologically. The Kidney governs all the developmental life phases from conception through puberty and adulthood, to menopause and aging. The Kidney governs the anatomical and physiological domains of the back, the knees, the Lower *Jiao*, the Blood, hearing, and the head hair.

Liver

Liver is the organ responsible for the free flow of *Qi* in the body, thus it can move Stagnation anywhere in the body. The Liver, like the Heart and Kidney, has a close relationship to the Blood. While the Heart dominates the Blood and the Kidney aids in its production, the Liver stores the Blood, releasing it in the daytime, during menstruation, and storing it at night. Blood storage problems or lack thereof belong to the Liver.

The Liver dominates the tendons and the muscles. The Chinese character for tendon includes the nerves, tendons, and ligaments. Hence, the Liver controls any disorder of these structures.

The eyes are the external manifestation of the Liver and so the Liver point is indicated in treatment of eye disorders.

Heart

Many of the functions detailed under *Shenmen* are also applicable for the Heart, but the Heart point directly relates to the Heart organ/meridian complex in Chinese medicine along with all of its voluminous Western usages. The Heart point is synergistically reinforced when used with *Shenmen*, but targets the treatment as related to the Heart itself.

Spleen

Spleen, like all the organ points, has numerous physiological functions. It dominates the muscles, making it involved in all muscular movement and health. When the Spleen is not functioning properly it results in the production of Damp. The Spleen is responsible for a healthy mind and a balanced spirit. As part of the Oriental digestive system, it is the primary organ involved in digestion and assimilation of nutrients.

Diaphragm

Diaphragm is an extremely powerful point. It assists in respiration and in moving the *Qi* of the Liver. The Diaphragm, through its connection with the Liver, moves the blood when it is Stagnant. The Diaphragm also can make an inactive auricle reactive, thus it is a good point to use for this reason as well. Nogier calls the Diaphragm point Point Zero and Oleson calls it the Master point, implying that it promotes homeostasis.

Supplemental Points

Fingers are an area for all finger disorders.

Wrist is a local point for all wrist disorders.

Gallbladder pertains to the organ of the Gallbladder that regulates the release of bile to the Small Intestine for digestive purposes. It treats all Gallbladder disorders.

Stomach pertains to the Stomach organ/meridian complex. It is vital to the initial breakdown of food.

Lung points are used for all respiratory problems. The Lung points contribute to energy level, as the Lungs are the master of the *Qi*. They are also applicable in skin problems and dermatological disorders and the healing of mucous membranes because the Lung dominates the skin and the mucous membranes.

Large Intestine is a local point for all Large Intestine problems.

Triple Warmer regulates the three *Jiaos*, their functions, and interrelationships.

Cheek is a local point for cheek disorders.

Jaw is a local point for jaw disorders.

Brainstem is a local point for all functions of the Brainstem. Brainstem treats shock and neurovegetative disorders.

Relax muscle is a specialized point within the Liver area. It is a powerful point in pain relief because of this function of relaxing the contraction of the muscles, which lead to pain.

Ovary is a local point for problems of the ovaries such as menopause, infertility, ovulatory problems, and more.

Ear apex treats Liver *Yang* rising symptoms such as hypertension and conjunctivitis, allergies, and migraines.

Eye is a main local point for all eye disorders.

Eye 1 is a clinically effective point for eye problems.

Eye 2 is a clinically effective point for eye problems.

Inner ear is a local point for inner ear disorders.

The Mouth point can be used as a local point for mouth diseases including stuttering, aphasia, dysphasia, oral ulcerations, and others. The Mouth point is also called the Antifatigue point. One reason it acts this way is that the Mouth point is located close to the external auditory meatus, which is a very tender and delicate area and elicits a strong stimulus upon treatment. Second, the Mouth point when stimulated in a tonifying manner, promotes eating which gives one the energy derived from food, hence it combats fatigue.

Sciatic can be used for treatment of the sciatic nerve.

Cervical vertebrae are local points for disorders of the cervical vertebrae.

Neck is a local point for neck disorders.

Table 11.2 Core Acupuncture Points for the Treatment of Addictive Disorders

Addictive Behavior	Shenmen	Brain	Liver	Lung	Kidney	Diaphragm	Thirst	Endocrine	Adrenal	Mouth	Esophagus	Occiput	Forehead	Stomach	Large Intestine	Sympathetic
Alcoholism	X	X	X	X			X, sp	X, sp				X	X			X
Drug Addiction	X	X	X	X	X	X										X
Nervous Drinking	X	X			X	X, sp	X									X
Smoking	X	X	X		X	X		X	X							X
Withdrawal																
Weight Control	X					X	X		X	X	X			X	X	X

Notes: NADA protocol = Shenmen, Sympathetic, Liver, Lung, Kidney; X = primary points; sp = supplementary points.

Techniques

The practitioner has numerous auricular techniques to choose from depending upon known clinical effectiveness, his/her mode of preference, styles the practitioner may have been taught, or patient compliance. Please refer to Chapter 6 here, or to other ear acupuncture manuals, for more detailed information on these modalities, their appropriate use, and their contraindications. Table 11.2 also illustrates this same concept of core points to treat different addictive disorders. In this chart a comparison of different addictive disorders is provided.

Because the ear is convenient and powerful as an accessible and valuable avenue of treatment, the practitioner is encouraged to rediscover or refine his/her auricular medicine skills not only for easy and effective patient care but also for treatment that can alleviate much disharmony and suffering.

12. Prescriptionology Practice, Clinical Exercises, and Case Histories

Objectives

- To gain facility with ear acupuncture construction through practice and study
- To understand how prescription construction goes from general broad-based energetics to local energetics if needed

Introduction

In this chapter six cases or exercises are offered to help you test your understanding of ear prescriptionology. Read each case or exercise and do the exercises after each one. Answers are provided at the end of the chapter. Remember that there is artistry to formula construction that is based upon clinical experience and theoretical knowledge. Try to get an 80% or higher correspondence between your answers and mine, and you will be well on your way to being an auricular acupuncturist.

Case 1

The patient is a 39-year-old female with a diagnosis of multiple sclerosis confirmed by sclerotic plaques in the brain. She has had this condition for about 4 years without treatment, and symptoms have been getting worse. She sought Oriental medical treatment so the condition would not worsen. The herbal and other natural supplementation offered by the practitioner provided continuous support for her between treatments, which are usually one month apart (once a week could be recommended), and the ear treatment helped to solidify her office treatment.

She is the youngest of 12 children. Her job is very demanding and she works on the average 60 hours a week. Predominant symptoms include:

Blurry vision and floaters

Pain in her big toe; numbness in her arms, hands, legs, and feet; weakness in her legs especially the right with difficulty standing

Problems with memory and concentration and somewhat forgetful, difficulty grasping for words

Nausea

Feelings of internal heat

Extreme fatigue

Occasional constipation

Nonexistent libido

Hair is luxurious but graying

Skin is luminous when feeling well, otherwise when not feeling well has a yellow-black undertone

Tongue is pale and dry

Exercises

1. Diagnose the patient.
2. Devise a treatment plan.
3. Formulate an auricular prescription and provide a rationale for each point's use. List the points in the order of importance.
4. What auricular modality would you use and why?

Case 2

The patient is a 56-year-old woman whose periods have just stopped. Her menstrual history was always normal. Immediately with the end of her periods she began experiencing hot flashes, mostly at night, with little to no sweat. She has about five hot flashes per night. She now gets tired at about 9 p.m. when she would normally be up till 11 p.m. She is otherwise very healthy with no health concerns.

Exercises

1. Diagnose the patient.
2. Devise a treatment plan.
3. Formulate an auricular prescription and provide a rationale for each point's use. List the points in the order of importance.
4. What auricular modality would you use and why?

Clinical Exercise 3

Fibromyalgia is defined as pain in the fibrous tissues, muscles, tendons, and ligaments intensified by physical and mental stress, poor sleep, infection, depression, anxiety, and sometimes irritable bowel syndrome.

1. Differentiate fibromyalgia.
2. Devise a treatment plan.
3. Formulate an auricular prescription and provide a rationale for each point's use. List the points in the order of importance.
4. What auricular modality would you use and why?

Case 4

The patient is a 62-year-old female with a major complaint of severe low back pain for a year and a half duration. She had relatively rapid onset of low back pain that seemed to come from prolonged sitting at computer for a semester writing 8 to 12 hours a day, exacerbated by 7 hours in awkward positions while cleaning fish tanks, and 3 hours of washing and polishing floors. There is unrelenting pain in her low back, worse in the morning almost to the point of incapacitation. The pain is somewhat relieved by Advil at high dosages of 600 to 1200 mg a day and feels better with a hot bath and icy/hot compresses.

The patient sought chiropractic treatment that helped the overall body and the neck. The chiropractor says it is arthritis in the sacroiliac joint. The patient saw a physician assistant who took x-rays that revealed some twisting and arthritis. The patient had no evaluation after that. Six treatments of physical therapy were recommended. The patient went to physical therapy three times but discontinued due to exercises that made her worse. She continued with chiropractic treatment, which helped for 3 to 6 days but a sharp, local pain radiating down the back of the leg comes back and nothing alleviates it. Pain is worse when sitting or bending over. Patient saw a primary doctor who recommended physical therapy again but the patient did not resume. She received massage that feels nice but does not give enough relief. She saw another doctor who prescribed naproxen instead of Advil, along with oxycodone and muscle relaxants. These alleviate some of the pain, which is worse in morning upon first getting up. The pain is somewhat better with activity, hence the patient tries to stay active. Patient bought a "sleep number bed," which helps. Overall, she is no better and is getting worse, with radiating pain down the back of the leg. Chinese herbs were prescribed for pain but did not help. Acupuncture was sought for pain and repair but did not help. An MRI reveals a herniated disc at L4-L5.

Exercises

1. Diagnose the patient.
2. Devise the treatment plan.
3. Formulate an auricular prescription and provide a rationale for each point's use. List the points in the order of importance.
4. What auricular modality would you use and why?

Clinical Exercise 5

1. Devise a formula for allergic rhinitis.
2. Formulate an auricular prescription and provide a rationale for each point's use. List the points in the order of importance.
3. What auricular modality would you use and why?

Clinical Exercise 6

Guidance in Special Think Topic: How to Use the *Sanjiao* Point in Treatment

1. Why is the *Sanjiao* point in the ear important for the treatment of stress and psychological disorders (according to several studies by M. Romoli)?
2. Define a psychosomatic disorder.
3. What are some examples of psychosomatic disorders?
4. What side of the ear would be best to treat and why?
5. Make the connection/conclusion of why to use the *Sanjiao* in regard to this psychological problem. This is a big topic. Be selective.

Prescriptionology Answers

Case 1

1. Diagnosis: Kidney *Qi*, *Yin*, and *Jin* deficiency, Lung *Qi* deficiency, Liver Blood and Liver *Yin* deficiency, Heart *Qi* deficiency, Spleen *Qi* deficiency
2. Tonify Kidney *Qi* and nourish Kidney *Yin* and *Jing*, tonify Lung *Qi*, build Liver Blood and nourish Liver *Yin*, tonify Heart *Qi*, tonify Spleen *Qi*
3. Points
 - a. *Shenmen*—To quiet the heart, ground the spirit, to put patient into state of receptivity for treatment. To benefit the eyes and reduce pain in toes.

- b. Brain—Controls everything, benefits the brain and marrow for memory, concentration, difficulty grasping words. For the sclerotic plaques in the brain.
 - c. Kidney—To enhance and tonify prenatal and postnatal *Qi* and *Jing* that is her inherited constitution and present condition. To strengthen legs, decrease numbness in legs and feet. To strengthen the bone and brain marrow for leg strength and memory and concentration. To benefit energy and decrease extreme fatigue, to increase sexual energy, and hair health.
 - d. Heart—To dominate the Blood, improve circulation, decrease numbness and muscular atrophy and weakness of arms and legs, to assist in grasping for words, tonify Blood deficiency as seen in the sallow complexion and pale tongue.
 - e. Upper Lung—Lung is the master of the *Qi*. To increase systemic *Qi* of the Heart, Liver, Spleen, and Kidney.
 - f. Liver—To nourish the Liver Blood and *Yin*, benefit blurry vision and floaters. To decrease pain in big toe (Liver toe). To decrease internal Heat.
 - g. Spleen—To dominate the muscles for strength, produce *Qi* and Blood, to “balance” the person. To decrease nausea.
 - h. Stomach—To produce systemic *Yin* to benefit the Blood, *Jing*, body fluids, and aid in constipation. To produce *Qi* and Blood that are deficient.
4. Gold pellets to tonify. Right ear to start treatment then alternate weekly. Right pertains to female and right-sided leg problems.

Case 2

- 1. Diagnosis: Kidney *Qi* and Kidney *Yin xu* with Heat/Fire
- 2. Treatment plan: Tonify Kidney *Qi* and Kidney *Yin xu* and reduce Heat/Fire
- 3. Points
 - a. *Shenmen*—To quiet the Heart, ground the spirit, to put patient into state of receptivity for treatment, and reduce heat of the hot flashes by controlling circulation as the Supreme Controller.
 - b. Brain—Controls everything.
 - c. Kidney—To regulate the change in life cycle of menopause. Tonifies Kidney *Qi* and *Yin*.
 - d. Endocrine—Regulates internal secretion of hormones in the Blood.
 - e. Liver—To decrease internal Heat and nourish the *Yin*.

- f. Triple Warmer—Tiredness occurs at Triple Warmer time. To harmonize the three *Jiaos*, hot flashes, middle warmer production of *Yin* as Stomach is the source of all *Yin* and will nourish the deficient Kidney *Yin*.
4. Gold pellets on all points to tonify. Right ear to start treatment then alternate weekly since right pertains to female.

Clinical Exercise 3

1. Stagnant Liver *Qi* and Blood with Kidney *Yin* and *Yang* deficiency and Spleen *Yang* deficiency
2. Disperse Stagnant Liver *Qi* and Blood, tonify Kidney *Yin* and *Yang* and Spleen *Yang*
3. Points
 - a. *Shenmen*—To quiet the heart, ground the Spirit, to put patient into state of receptivity for treatment, assist in pain management. Primary point for anxiety, sleep.
 - b. Brain—Controls everything. Will assist in infection and sleep and irritable bowel syndrome by way of the nervous system.
 - c. Liver—To move stagnation, relieve depression.
 - d. Relax muscle—To relax the tendons, muscles, ligament, and nerves. To tonify Liver Blood.
 - e. Sympathetic—To assist in pain reduction by balancing the autonomic nervous system.
 - f. Heart—To assist with depression, anxiety, and sleep.
 - g. Kidney—To tonify foundational *Yin* and *Yang*.
 - h. Spleen—To fortify the muscles and Spleen *Yang* for the irritable bowel syndrome.
 - i. *Sanjiao*—Clinically effective point for anxiety and to regulate three *Jiaos*.
 - j. Local points if needed.

Case 4

1. Diagnosis: *Qi* and Blood Stagnation in the Bladder channel due to trauma (overuse), and *Qi* and Blood deficiency.
2. Disperse *Qi* and Blood Stagnation in the Bladder channel. Tonify underlying *Qi* and Blood deficiency.
3. Points
 - a. *Shenmen*—Quiets the Heart, grounds the spirit, and puts the patient into a state receptivity for treatment. When the Heart is serene all pain is negligible.

- b. Brain—Controls the entire body. Involved in pain perception, movement, and all body parts.
 - c. Sympathetic—Dilates blood vessels and aids in pain relief.
 - d. Liver—Reduces Stagnation and nourishes muscles, tendons, nerves and ligaments. Builds Blood and moves Blood.
 - e. Spleen—Dominates the muscles to build muscle. Builds blood. As Mother of Kidney, reinforces Kidney.
 - f. Kidney—Nourishes pre- and postnatal *Qi* due to chronic degeneration. Builds blood. For generalized *Qi* and Blood deficiency. As the *Yin* counterpart to Bladder, reinforces Kidney. For chronic problems.
 - g. Buttocks—Local area.
4. Gold BBs to tonify.

Clinical Exercise 5

1. Allergic rhinitis
 - a. *Shenmen*—Quiets the Heart, grounds the spirit, and puts the patient into a state of receptivity for treatment.
 - b. Brain—Controls everything.
 - c. Liver—Spreads the Liver *Qi* that becomes excessive and stagnant when exogenous pathogens invade the body. Expels pathogens.
 - d. Lung—The nose is the external manifestation of the Lungs, the affected area with allergic rhinitis due to exogenous pathogens. Descends fluids as in runny nose.
 - e. Kidney—To strengthen immunity weakened by the struggle between exogenous pathogens and the true *Qi*, the *Zheng Qi* of the body.
 - f. Sympathetic—To reduce pain and swelling of the mucus membranes of the nose.
 - g. Internal nose—Affected area.
2. Gold BBs to tonify.

Clinical Exercise 6

1. Read the study and/or better yet reason through it to test your understanding of the ear.
2. A psychosomatic disorder is an illness characterized by physiological changes that originate in emotional factors.
3. Psychosomatic disorders are many and common in affecting the digestive, respiratory, cardiovascular, and other systems. Examples include asthma, heart problems, irritable bowel syndrome, and more.

Patients with these illnesses had an etiology that was determined to be psychosomatic by the degree of anxiety and depression that they exhibited.

4. Interestingly in one of the studies where side was checked, the left ear was more important for diagnosis and therapy. New question for you to figure out!
5. While psychosomatic disorders may have a mental basis they cause very real illnesses and are difficult to diagnose and treat by Western doctors. In Oriental medicine we see the close connection between the spirit and the body. Brain, *Shenmen*, the Triple Warmer play a role in their Oriental medical treatment. Just as the Brain controls all physiological functioning, *Shenmen* addresses the spirit, the Triple Warmer has a special sensitivity due to
 - Its connection with the Pericardium and the Heart
 - Its location in all three *Jiaos*
 - Regulating Water in the sense of Phlegm, humoral messages, hormones, and cerebral serotonin while reducing pain, promoting well-being; has antidepressant and analgesic effects like certain acupuncture points
 - Its connection to all organs as the theoretical model that explains organ/system interaction

Note: In a separate study by Chen, psychosomatic disorders also had a greater rate of improvement treated with these points.

Common Ear

Questions

Objective

- To clarify common practical questions, thereby reinforcing the material in this book

1. Should Brain or *Dingchuan* be needled?

The Chinese needle both. I personally do not like to needle either since I prefer pellets. However, there is no problem needling.

2. Is it preferable to use *Dingchuan* and Stop Wheezing together or only one in order to limit number of points? Is one more effective than the other? If so, which one?

In general I would do one or the other, and I would recommend observing the points for any pathology as a way to determine which one to use. In the case of an asthma attack I might use both. They can reinforce each other, so these could be used together. However I usually use *Dingchuan* alone for asthma.

3. Is *Dingchuan* effective without using Stop Wheezing, even though they work really well together?

Yes, *Dingchuan* is effective when used alone. They can be used to reinforce each other. You need to figure out if they are redundant or if they will reinforce each other.

4. Which would you treat first, Diaphragm or *Shenmen*?

I treat *Shenmen* first because of its broader energetics, and then if indicated Diaphragm could be used. Diaphragm is a good point as it can make an unreactive auricle reactive.

5. I have an ongoing question about when to tonify and when to disperse. Is it correct to say that even in cases of excess, such as Phlegm-Heat in the Lung, or Wind-Heat invading the Lung, the condition is due to an underlying deficiency? Should I treat the excess first by reducing the Lung or should I tonify the underlying deficiency to help the body resolve the excess?

First, if the excess (Wind-Heat) is due to deficiency or underlying deficiencies, the root (the causative factor) should be treated.

It is not an excess. It is only an excess if there is not an underlying deficiency. If due to deficiency, deficiency symptoms are more prevalent, so treat the deficiency. If excess symptoms are more prevalent, disperse the points. Diagnose correctly. "Treat what you see."

6. I tend to lean on the side of always treating the root, but I also want to give the patient enough symptomatic relief to make them comfortable. How can one balance this?

You can do both. If the root is treated, so is the branch because the branch stems from the root. However you can always add local, or branch, points. It is a common Chinese treatment strategy to treat both. I too prefer the root treatment. It is more focused and accurate.

7. Would one want to treat the Large Intestine as the paired *Fu* organ with the Lungs?

The Chinese frequently treat paired organs for reinforcement since they are an energy system so this is a possible strategy. It is up to you and the diagnostic framework that you use.

8. Is Brain imperative, especially if greater attention is desired on other problematic areas?

I use Brain for virtually every condition because the Brain controls everything. It is very efficient due to this broad-based energetic. I cannot think of a time that I would not use the Brain point unless I was doing a quick emergency treatment. It is a point with multiple energetics and as such is efficient.

9. How many needles do you think are safe to use in a basic protocol to avoid overstimulation?

I like about 6 to 8. The question is not really about overstimulation but rather about draining energy or unfocusing the treatment due to too many directions elicited by the needles. I don't predetermine the number but let the diagnosis suggest the treatment and thus the number of needles.

10. Do you think there is a place for comparing point sensitivity when trying to choose between several points with either a similar energetic to prioritize when trying to limit the number of points treated?

Definitely you can compare points via palpation if you are trying to determine which points to use, for instance, whether to use Stop Wheezing or *Dingchuan* or Upper or Lower Lung. However, generally I don't palpate the ear as a basis of selection. I rely on my diagnosis or inspection. Some practitioners use palpation as the basis of treatment over diagnosis and that is what I am

discouraging. The diagnosis comes first. Palpation can confirm the diagnosis.

11. Do you think both Upper and Lower Lung always need to be treated in order to address both Lungs?

I rarely treat both points. You can choose which point based on energetics, pathology, observation, tenderness, or your diagnosis. Upper Lung is for upper respiratory disorders, for example, swollen glands, sore throat, sinus infection, or common cold. Lower Lung is for lower respiratory disorders, for example, pneumonia and bronchitis. Or you can use the ipsilateral/contralateral approach (see discussion in Chapter 4).

12. Do you think that the decision to use Upper or Lower Lung is better based in the location of the pathology?

For the most part. See previous question. If you do see morphology on either point it could indicate which point to use.

13. Could Upper Lung cover Lung energetics in general?

Yes, in general I use it that way. Clinically, mostly I use Upper Lung.

14. Can I use both Upper and Lower Lung in the same treatment or is that just redundant?

Yes you can use both points. It's not necessarily redundant. I would use this way if the Lung problem is difficult to treat or if the problem in the Lungs is bilateral or present in the Upper and Lower Lungs.

15. If someone had chronic Lung and chest pathologies would you consider using more body acupuncture and fewer ear points because of the chronicity of the disease?

You could do a body treatment and then augment with the ear. The ear is very effective and provides continuous reinforcement. As a chronic problem, I recommend using both.

16. Would points on the body prove more effective for Lung pathologies?

I wouldn't say the body is more effective than the ear. It's a choice. The ear is very effective for Lung problems.

17. Should the immune response be strengthened in cases such as asthma and hay fever where the body is responding to stimuli that it normally should not. In a sense it is already being overvigilant.

Most allergy responses are a hypersensitivity of the person to stimuli or as you rightly say hypervigilance (viewed as Kidney *Yin* deficiency). But this overvigilance is due to a weakness of the immune system. The emphasis in treatment should be a strengthening of the immune system, so yes, tonify.

18. It seems that the perspective of auricular therapy is more *Zang Fu* in nature. Will the treatment be as effective when using 5 elements, 4 levels, or 6 stages patterns of differentiation?

You can use auricular acupuncture from any perspective— anatomical (i.e., location), physiological (i.e., 5 elements), etc. Some practitioners (such as Oleson) emphasize the nervous system. It is all in how you diagnose a patient and select the points based on that.

19. If the Lungs are full of Phlegm and inflamed would it be better to disperse Upper and Lower Lung because that region is currently excess, or to tonify because there is likely an underlying deficiency? I think that it would be best to tonify but I am not sure.

Treat what you see. If the condition is excess, disperse. If there are more symptoms of underlying deficiency, tonify. Or do a combined root/branch treatment as sometimes what looks like an excess is due to an underlying deficiency. Remember the Spleen is the source of all internal damp (Phlegm), so tonify if deficiency is the root.

20. Do you think that treatments using pellets require using more points (greater reinforcement than when needling)?

Absolutely not. Pellets are simply a safe take-home treatment, as effective as needling, an alternate modality.

21. Do you just palpate for tenderness?

I rarely palpate ear. Palpation is an option if a choice needs to be determined.

22. Why is Vagus Root indicated for asthma when the vagus nerve supplies the digestive tract?

The Vagus Root corresponds to the vagus nerve, which innervates most thoracic and abdominal structures (i.e., the vagus nerve is the longest cranial nerve in the body). It also goes to the Lungs, the Liver, Diaphragm, Heart, digestive tract, and Large Intestine. It is specifically at the Vagus point that the vagus nerve enters the ear, goes directly to the Lung points, and can treat many disorders.

23. I have heard that allergies are often caused by a Liver–Lung disharmony. Does this ring true in your experience?

Yes, absolutely. According to the classics, the Kidney is the root of most allergies, that is, a Kidney deficiency. Allergies and their manifestations are usually a Liver–Lung–Kidney disharmony.

24. In treating an allergy attack that has already begun, I would think to reduce it. Is this thinking process appropriate? Same for the Diaphragm?

Not all allergy attacks are an excess. The attack could manifest as wheezing with the Kidney failing to grasp the *Qi*. Generally the root of most allergies is weak immunity construed of as *Zheng Qi* and Kidney deficiency. In this case you would need to tonify. Treat what you see (i.e., Lung and *Kidney Qi xu* with Liver *Qi* stagnation). Note that Liver *Qi* stagnation usually arises from Kidney deficiency as the Mother of Liver.

25. How often can auricular acupuncture be administered? Can there be daily courses of treatment?

This depends upon the presentation of the patient and the modality you chose. In China, most patients get seeds, so they return every week. If you are needling, yes, there can be daily courses of treatment. I use pellets and have the patient retain them 3 to 5 days. When treating myself I would treat daily and alternate ears.

26. How much is too much in terms of number of needles being used? As always, it depends on the patient's diagnosis, but I wouldn't go much above about 6 to 8. Ear needling therapy is strong and you can only put so many needles physically in the ear. Additionally, the greater the number of needles the less the focus of the treatment.

27. In advanced respiratory disease such as terminal Lung cancer, how effective can auricular therapy be?

Auricular therapy or acupuncture will not cure terminal Lung cancer or any cancer, but symptoms can be alleviated, such as shortness of breath, pain, fatigue, and chest tightness.

28. Are there any cases where needling both ears simultaneously is indicated?

It is rare to treat both ears simultaneously. However, NADA protocols may do this as well as cases where few points are used, and they are reinforced bilaterally.

29. Are there in fact different needle depths being used on ear points other than the commonly listed .01 inches?

Perhaps. The ear is relatively thin and the insertion depth is .01 inches so a short 15 mm needle is perfect for freehand insertion and needling to the appropriate depth. However, some patients' auricles are thin, especially in the lobe or helix area, so treat that accordingly. Perhaps needles would not be suitable in these cases.

30. Are there needle manufacturers who make thick gauge (or any gauge) short ear needles in gold and silver for the purposes of tonifying or sedating properties? I know we have gold and silver BBs, but are there ear needle alloy choices?

There used to be metallurgic choices for needles in the 1980s, but they were reusable needles and that helped to deflect the cost. I am not sure of any today, but there may be. Gold is soft; silver corrodes. If they exist they are expensive to use. Stainless steel is neutral, hypoallergenic, and prevents the metals from being deposited in the skin, although in rare cases stainless steel can turn to nickel. Disposable needles are pretty much the standard these days and required by law in many states. Use gold/silver BBs; they are cheaper and the patient gets the benefits of BBs as a take-home/reinforcement/metallurgic therapy.

31. I was not able to conceive of a protocol for respiratory problems that worked by “treating the root,” because treating the root necessitates a customization that would seem to negate a protocol approach per se. Has anyone else tried this?

I disagree that a protocol cannot be custom fit for the differentiation of the illness, which is what we are treating, not an illness. According to the classics, the root of most respiratory disorders is the Lung and Kidney. A basic protocol can be used and is in that sense appropriate for the differentiation. If need be, you can always customize. The more chronic the illness, the more the Lung and Kidney are involved. *Shenmen* unless contraindicated, and Brain, Lung, and Kidney are automatic choices.

32. I have a concern about patients removing an intradermal needle themselves and would probably recommend that they keep it in until I remove it at their next appointment.

So do I. Thus, I don't have the patient remove intradermal needles because I also don't send the patient home with intradermal needles. They need to be removed in about 3 days, maybe sooner, and by the practitioner. Remember, intradermals are also subject to infection. For some points like the Constipation area they are very effective and so I like to use them in the office but then remove.

33. How do you feel about the safety of intradermals as a take-home modality? My concerns are the modalities falling into the ear canal. I don't use intradermals as a take-home therapy. I'm not worried about it falling out; it is implanted. I'm concerned because the patient cannot remove needles themselves, and the chance of infection is increased.

34. Would treatment be any less effective if, rather than needling the points, only pellets were placed on the points?
Try it! I almost never needle the ear. I use pellets or massage; I still get great results (greater than 90%).
35. Would it be advisable or any more effective to sometimes treat the ears bilaterally, especially if no body points are being used and auricular therapy is the only modality chosen?
Most practitioners don't because they know they can get 80–90% success or greater with one ear. I've read over 1000 books and journal articles to date on the ear and they rarely use both ears except in the cases I mentioned in Chapter 6 (e.g., NADA). Two ears are too stimulating in most cases and are not needed. If the diagnosis is correct, bilaterality is a moot point for both the ear and the body.
36. If there is a copious amount of Phlegm, it seems that the gold pellets may aggravate the problem. On the other hand, it might still be good to use gold to address the underlying deficiency. Could you use gold on some points and silver on others? If so, which points?
You need to determine if the Phlegm is due to an underlying deficiency versus real true excess. Maybe use silver on Spleen to resolve the Phlegm immediately. Gold can make the condition worse with copious Phlegm if applied to *Shenmen* (see Chapter 3 on contraindications with *Shenmen*). But gold on the Spleen or Lungs may be the answer if they are the etiology, that is, Phlegm due to deficiency.
37. Would it be more effective to concentrate on body needling for correcting underlying problems and focus on ear treatment as a way of assisting the patient in resolving symptoms?
The ear is not just for symptoms. It treats the whole person at the root or branch level depending on your treatment.
38. How often can ear acupuncture be used on a patient?
The patient can be treated every day, to a few times a day, to once a week as this depends on presentation, patient schedule, etc.
39. How would it be to do half the points on one ear and half the points on the other?
See Chapter 6 for a discussion on which side of the ear to treat.
40. Would the same treatment work just as effectively for chronic cases as it would acute respiratory problems?
Chronic cases take longer to treat. The ear is effective for chronic and acute problems. Acute cases are usually resolved faster.
41. Do patients tend to expect body acupuncture with each visit?
Maybe on the first treatment but not all the time. It depends how you structure and explain your treatment plan with them.

Communication is essential to patient autonomy and participating in their healing process, and as a practitioner you must give them those tools. Use the tool that you think is most effective.

42. How does one deal with patients who want you to “fix” them and do not want to be involved, say, for example, with pellets?

Again, it comes down to your philosophy as a practitioner and how you relate to your patient; that is, are you a “fixer upper,” a technician, or an educator. Your Web site, brochure, and mission statement are critical places to communicate your philosophy and then engage in dialogue with patients.

43. Would needles be more effective than pellets in an acute situation? Not necessarily; it is the stimulus that matters. I choose hand massage solely involving a strong stimulus many times in an acute situation. I rarely use needles. The Chinese like needles and seeds.

Ethical Issues in Auricular Acupuncture

Objectives

- Apply ethical principles in the practice of Oriental medicine with a focus on ear acupuncture
- Analyze new trends in auricular studies connected with medical research ethics
- Understand basic goals and methodologies of research as a way to think about auricular acupuncture
- Study ancient and modern-day medical oaths

Introduction

Although it may appear to be relatively more benign, auricular acupuncture, like all acupuncture practice, is the practice of medicine, and all medical fields are bound by medical ethics even if they do not have an articulated code. Medical ethics consists of the values of the profession and how they affect the practitioner, the patient, the profession, and the public. The four guiding principles of medical ethics are beneficence, nonmaleficence, patient autonomy, and justice.

Before we go into depth on the ethics of auricular medicine we need to explore a little further what medical ethics implies for the profession. In layman's terms, medical ethics are the standards of practice designed to protect you as a practitioner, the patient as a consumer, the profession as a field, and the public as the broader matrix of community. Like all medical disciplines, we need medical ethics to guide us in the practice of medicine in the most transparent and moral way possible. Medical ethics is not to be confused with personal ethics, which while intensely subjective and even spiritual or religious, may not be inclusive enough to consider all of the constituencies that a profession in service to people must accommodate. Although certainly our personal moral codes constitute the standards by which we live, and some codes correspond with caring for others much like healthcare providers, medical ethics surpasses our individual universe and considers larger spheres of responsibility. The legal practice of acupuncture, Chinese or Oriental medicine, is no exception to the practice of medical ethics. Oriental medicine has its own

medical ethical challenges based upon our philosophical frameworks and treatment modalities and thus requires professional guidelines. Although no codes of ethics have been agreed upon in the Western or Oriental profession, the four guiding principles of medical ethics are secured when we practice to the best of our ability in order to bring about good (beneficence), prevent its opposite to do no harm (non-maleficence), allow the patient his or her own choice (autonomy), and we bring about equality through treatment that protects life (justice). While it could be said that it is only human life that justice pertains to, understanding of our Chinese philosophical roots illumines that all life is inextricably connected together. Nature, the environment, and the cosmos are the largest matrix within which we practice. In addition to this, law in the United States requires confidentiality, which is sometimes considered a fifth principal.

Codes of Ethics

Medical ethics necessitate that patients be fully informed of the risks and benefits of treatment. This information must be delivered orally and by way of a formal consent form. Informed consent, both written and verbal, as established in the doctrine of consent, needs to be implemented so that patients understand their medical issues along with information about clinical success and conflicting reports. Comprehensive patient information including treatment options and alternatives should be relayed. After patient consent is obtained and treatment commenced, the treatment plan should be periodically revisited by the patient and practitioner to realistically evaluate the diagnosis, prognosis, psychological risks, and financial impact of therapy.

Part of informed consent mandates that practitioner expertise be disclosed. If you do not have a consent form for medical treatment, you should devise one that takes into account the requirements of your state law and your malpractice insurance. Note that an informed consent form and an arbitration agreement are not the same thing. If you do not have malpractice insurance, it is affordable and prudent to have it to protect yourself, your practice, and your patients. One might say it is ethical to have malpractice insurance.

A good way to begin the exploration of medical ethics in the Oriental medical profession is to look at the number of states in which acupuncture is licensed. As of 2014, the practice of acupuncture, a subset of Oriental medicine, is licensed in 43 states and the District of Columbia. In order to practice legally and ethically, you should first consult your

state law. Each state law will include information on your scope of practice, medical tools, licensing, licensing titles, licensing renewal, and continuing education requirements along with fees for licensing and renewal and more. Information about the scope of practice in different states may determine where you plan to set up your practice and perform ear acupuncture.

Knowing what you can or cannot do in the state in which you have decided to practice, take some time to think about what type of healer you want to be. For instance, do you want to be an educator, a facilitator, a fixer upper, a collaborator, a medical elitist? Identifying and articulating the type of healer that you want to be will help you go on to the next step—writing your own code of medical ethics. Your code of medical ethics will establish the infrastructure of how you practice. Your individual goals will personalize your medical code of ethics within the broader context of the field. Before you write your code of ethics, it is helpful to write a mission statement for your business or practice. The code of ethics then becomes the way by which you will achieve your mission.

Your code of ethics might include all or most of the following:

1. The standards you set for yourself
2. Your healing philosophy
3. How you will treat your patient
4. The responsibility you hold to the medical field
5. The healing space that you have created for your patient
6. Your respect for human rights, the mission of healing, and organizational sustainability
7. How you relate your values to complicated healthcare situations such as chronic or terminal illness
8. Your personal commitment to patient autonomy, beneficence, non-maleficence, and justice
9. Your personal commitment to practicing patient confidentiality, your commitment to the patient, the public, and the profession
10. Your concern for the safety and quality of the working environment for your employees
11. Your respect for personal, cultural, organizational, and ecological contexts
12. Your vision of building a practice as building a just society

The language of the code of ethics must be simple and above all honest and heartfelt. It is helpful to acknowledge the difference between healing and curing. Think about that and articulate it.

Compassion is a valuable emotion that patients can relate to, so articulate the importance of tension, suffering, gifts of experience that are conceived from adversity and illness, and how you will offer compassion with their sufferings.

Codes of ethics are not new to the medical profession. We probably think of Hippocrates as the one who first articulated a code of ethics in the Hippocratic Oath and his rule to “do no harm” as the first rule of medical practice. But in our own field, 1000 years before Hippocrates, Sun Sumiao, medical scientist of the Tang dynasty (618–907 B.C.), wrote a code by collating previous information from the medical tradition. These ideas included concepts that are relevant to today’s medicine. They include the following ideas.

1. He espoused that human life is of paramount importance, more precious than a thousand pieces of gold; to save it with one prescription is to show great virtue.
2. He emphasized the importance of prevention of disease.
3. He advised saving the lives of those who were too weak or ill.
4. He placed great attention on women and children, who were at the time considered secondary citizens.
5. He admonished not stepping outside one’s scope of practice.
6. He warned the practitioner not to make unsubstantiated medical claims (i.e., false advertising).

Sun Sumiao’s work was followed by Confucius in 551–479 B.C. Confucian ethics included notions of benevolence, charity, humanity, love, and kindness. He saw four components of ethics. *Yi* refers to right conduct, morality, and duty to one’s neighbor. *Zhong* referred to doing one’s best, and *Shu* included altruism, loyalty, and consideration of others. In contrast, *Li* referred to personal gain, a trait to be discouraged. These ideas give us a good idea of the components of a professional code of ethics versus a personal, private way in which to work that may not take into consideration other people by overestimating profit or other reasons to practice.

Sun Sumiao’s and Confucius’ ideas still hold value today. We need to:

1. Know our limitations and be willing and able to confer with other healthcare providers or refer the patient to others.
2. Develop critical ability of our methodologies and ourselves.
3. Practice continuing education to meet state and national requirements that recognize its value in always learning more about illness, practice management, ethics, and more.

4. “Studying tirelessly” is a necessary ethical requirement. Taoism considers ethical education and practice as its fundamental task. Taoism is closely aligned with Traditional Chinese Medicine.
5. Forgo mistaken treatments, using fads, and odd things not part of Traditional Chinese Medicine, if that is what we are authentically practicing.

Modern day Chinese ethicists tell us that it is essential that the practitioner of Chinese medicine give serious consideration to using non-traditional techniques such as tuning forks, homeopathy, and kinesiology. If we advertise, some guidelines are suggested:

- Perform within our scope of practice.
- Disclose efficacy and safety of acupuncture and herbs, and contraindications of treatment.
- Avoid exaggeration and false or unsubstantiated claims.
- Verify information by reading original texts and research, and share results honestly, including failures as well as good results.

All researchers are required to report adverse effects. Not doing so is a violation of medical and publication ethics. Do not be selective in your patients’ record of treatments, writings, or research.

New Trends in Auricular Studies and Medical/Research Ethics

In the latest auricular research more mention has been made of using ethics panels in order to approve of research methodologies and principles of medical ethics. This trend is not surprising since medical ethics is growing as a field and Oriental medicine is becoming more popular and integrated into modern-day practice. Ethics panels and institutional review boards are required in research studies on humans. Additionally, these recent studies are utilizing informed consent for treatment that is understandable and ethical. The biggest problem that I see in these studies is their failure to disclose the points selected for treatment. Conclusions about research studies should conform to the general principles of medical ethics. Specific examples of things to consider in a research study include the following:

1. The hypothesis must be clear.
2. The sample size of the research group must be large enough.

3. Treatments should be standardized, that is, make an Oriental medical pattern differentiation.
4. The ear map system being used should be disclosed (i.e. Nogier, Oleson, or modern-day Chinese).
5. Subjects should be recruited and randomized.
6. Long-term follow-up should be considered.
7. Concealment of randomizing subjects by 6 to 12 months minimizes practitioner bias.
8. Highly trained and experienced acupuncturists should be used to conduct the study.
9. Comorbid conditions need to be considered.
10. All relevant variables need to be considered.
11. Only essential communication should occur between the patient and the practitioner in research.
12. Treatments that cause pain should be avoided.
13. Placebo treatments as well should be devised that do not cause pain.
14. Evaluate whether there can be such a thing as placebo or sham acupuncture.
15. Practice informed consent procedures.
16. In the case of addictions, an overreliance on the National Acupuncture Detoxification Association (NADA) protocol may affect results because it ignores the individuating aspects of individual treatment.
17. Patients should be closely followed during the recovery process.

Keep these considerations in mind when reading journal material to assess the legitimacy of the study.

Placebo or Sham Acupuncture

Sham acupuncture is defined as needle insertion either into sites outside of the traditional points or the meridians, or into inappropriate acupuncture points. In research, if the patient belongs to the sham group, he or she needs full disclosure about the possibility of receiving sham acupuncture, along with its risks and possible results. Many acupuncturists have raised the question as to whether there is such a thing as sham acupuncture in a medicine that is based upon energy and is predicated on the proven theory that the entire body is intimately connected through energetic pathways.¹ Cutaneous puncture always causes a physiological reaction and triggering of neural pathways stimulated in sham acupuncture.²

Consent to sham acupuncture may be legitimate but it is questionable ethically. Evidence-based protocols need to be developed, or a nonintervention or relaxation control used over the sham group.

In the bibliography of Chapter 10, many sham studies cited achieved fair results—not surprising in an energetic medicine. For the most part, but not always, the group receiving the true acupuncture obtained better results, as we would hope, pointing to the better selection of points and their corresponding energetics.

Codes of Ethics to Study

Oaths

Following are some interesting oaths to consider, beginning with the Hippocratic oath, followed by several popular oaths used in schools of Oriental medicine. After reading these, write your own oath to guide your practice. Reread your oath at the start of each calendar year to remind yourself of your commitment to your patients, the profession, the public, and yourself. Display your oath proudly on your Web site, on your office wall, in a brochure, or other appropriate mediums. The challenge of healthcare is the continuing development of consciousness in relation to the moral truths expressed in the Hippocratic oath.

Hippocratic Oath

I swear by Apollo Physician and Asclepius and Hygieia and Panacea and all the gods and goddesses, making them my witnesses, that I will fulfill according to my ability and judgment this oath and this covenant:

To hold him who has taught me this art as equal to my parents and to live my life in partnership with him, and if he is in need of money to give him a share of mine, and to regard his offspring as equal to my brothers in male lineage and to teach them this art—if they desire to learn it—without fee and covenant; to give a share of precepts and oral instruction and all the other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken an oath according to the medical law, but no one else.

I will apply dietetic measures for the benefit of the sick according to my ability and judgment; I will keep them from harm and injustice.

I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect. Similarly I will not give to a woman an abortive remedy. In purity and holiness I will guard my life and my art.

I will not use the knife, not even on sufferers from stone, but will withdraw in favor of such men as are engaged in this work.

Whatever houses I may visit, I will come for the benefit of the sick, remaining free of all intentional injustice, of all mischief and in particular of sexual relations with both female and male persons, be they free or slaves.

What I may see or hear in the course of the treatment or even outside of the treatment in regard to the life of men, which on no account one must spread abroad, I will keep to myself, holding such things shameful to be spoken about.

If I fulfill this oath and do not violate it, may it be granted to me to enjoy life and art, being honored with fame among all men for all time to come; if I transgress it and swear falsely, may the opposite of all this be my lot.

American Medical Association (AMA)
Principles of Medical Ethics

- I. A physician shall be dedicated to providing competent medical care, with compassion and respect for human dignity and rights.
- II. A physician shall uphold the standards of professionalism, be honest in all professional interactions, and strive to report physicians deficient in character or competence, or engaging in fraud or deception, to appropriate entities.
- III. A physician shall respect the law and also recognize a responsibility to seek changes in those requirements that are contrary to the best interests of the patient.
- IV. A physician shall respect the rights of patients, colleagues, and other health professionals, and shall safeguard patient confidences and privacy within the constraints of the law.
- V. A physician shall continue to study, apply, and advance scientific knowledge, maintain a commitment to medical education, make relevant information available to patients, colleagues, and the public, obtain consultation, and use the talents of other health professionals when indicated.

- VI. A physician shall, in the provision of appropriate patient care, except in emergencies, be free to choose whom to serve, with whom to associate, and the environment in which to provide medical care.
- VII. A physician shall recognize a responsibility to participate in activities contributing to the improvement of the community and the betterment of public health.
- VIII. A physician shall, while caring for a patient, regard responsibility to the patient as paramount.
- IX. A physician shall support access to medical care for all people.

Adopted June 1957; revised June 1980; revised June 2001.

The Oath of the Great Masters of Traditional Chinese Medicine

Medical science is a very difficult skill to attain.

There is no exception to this neither in ancient nor in modern times, in China or elsewhere.

There are those, who after studying medicine for three years, who believe that there is no disease in the world they cannot cure.

But after working another three years they realize that there are very few diseases that can be truly cured.

For this reason doctors and students must be well read, study diligently, and train hard.

One must not blindly follow hearsay, nor pretend to know what one does not know, or one will deceive oneself as well as others.

When treating his patient the great master of medicine calms and concentrates his mind; his only desire and demand is to treat disease with a merciful and benevolent heart, and to pledge to help those in need. If the master is asked for acupuncture or medicine he does not pry into the patient's riches and honor or poor or lowly, elder or child, beautiful or ugly, enemy or friend, compatriot or foreigner, wise or foolish, he treats them all the same as a member of his own family.

He both before nor after, is ever anxious about good or ill luck, and has no concern for himself.

The master regards the suffering of his patients as if they were his own, and keeps a heart of sympathy.

He does not worry about hardship and dangers.

Even when he is hungry, thirsty, and however tired, day and night, whatever the weather, he always does his utmost to help his patient.

He never politely refuses and loses time. If he did he would be a thief of life.

The great master of medicine is modest, serious and generous. He is neither overbearing nor servile, and he treats his patient with single-hearted devotion, examining each symptom without carelessness.

In acupuncture and herbal medicine there must be no mistakes. There are also rules of practice.

One must not speak out of turn, talk loudly or laugh.

One must never gossip or betray confidences. One must neither show off one's ability nor defame the reputation of others.

And if, by chance, a case is cured, one must not be swollen with arrogance or intoxicated with self-satisfaction, nor regard oneself as the prime authority under heaven.

In the conduct of doctors it is these above all that are the incurable diseases.

Sun Sumiao (A.D. 682–756)

Modern-Day Sun Sumiao Oath

On my honor, I solemnly promise as a physician of the Oriental medical arts, to humbly practice my profession to the best of my ability. I will not pretend to know what I do not know, but will endeavor to study diligently and train myself tirelessly, for all of my professional life.

When I treat an illness I will calm my spirit and fix my resolve, and I will not give way to wishes and desires but develop an attitude of compassion.

When someone comes to me for help, I will not ask if the patient is noble or common, rich or poor, old or young, beautiful or ugly. I will consider strangers, family, good friends, foolish and wise as my closest relatives and treat them with a kind heart. I will look on other's sufferings as my own and be as deeply concerned and motivated to relieve their distress as I would be if I were the patient.

I will be respectable and listen with kindness and understanding. I will not boast about myself, be jealous of the knowledge of others, or slander other physicians. I will not utilize my profession as a means to commit mischief or corruption.

I will be proud enough to practice my medical art to the best of my ability and be humble enough to call for assistance when necessary. I consider my ability to be a physician of Oriental medicine as a gift to be shared with humanity.

Chinese Medical Oath

I solemnly promise, as a physician, to practice my profession to the best of my ability. I will use my knowledge and skills to aid in the prevention, diagnosis, and treatment of medical diseases. I will try to help my patients to understand disease, treatment, and prognosis. I will encourage my patients to participate in decisions relating to their lives.

I will endeavor to alleviate their fears, and recognize that occasionally the most meaningful treatment may be to listen with kindness and understanding.

I will treat my patients with dignity and will give to them the respect and privacy which I would hope to receive if I were ill. I will keep their trust and preserve confidentiality. I will understand that a patient's sense of self-esteem is essential to good health.

I will value life even as I must also strive to understand the process of dying.

I will respect the wisdom of my teachers and will share my knowledge with others. I will strive to further my education and develop habits that promote further intellectual growth.

I will be proud enough to practice medicine to the best of my ability and humble enough to call for assistance when necessary. I will encourage and cooperate with all others involved in the care of my patients so that others may perform their duties effectively and with consideration.

I will live and practice medicine for people rather than for things. I desire that my empathy will never be subservient to skill and knowledge. I see my ability to be a good physician as a gift to be shared with humanity.

*American College of Traditional Chinese Medicine
January 30, 1983
Graduation of the First Class*

Zhong Shan's Medical Teaching

The Physician takes care of people's life.

He is placed at the head of the hundred arts and crafts, sitting on equal footing with Premier and Minister.

It is the art of humanity.

Those who enter my gate should know that the distress of others is also mine.

Exercises

1. Please write in your own words, in no less than 250 and no more than 500 words, what medical ethics is and how it pertains to the practice of Oriental medicine.
2. In no less than 500 words but only one sheet of paper, please write an essay on the following aspects of healing.
 - a. What type of healer do you want to be?
 - b. What are your strengths?
 - c. What are your weaknesses?
 - d. Is there anything that makes you uncomfortable in this healing role?
3. On no more than one sheet paper, please compose your own code of ethics that you envision using to guide your clinical practice.
4. Devise a consent form for ear acupuncture.
5. Each medical oath has similarities and differences. Which medical oath herein do you like the most and why? Pick two tenets in each medical oath that you are drawn to and explain why. Are there any tenets that you disagree with or do not see value in? Explain why?
6. Do you see any ethical problems in ear acupuncture? If so, describe.

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Conclusion

Almost every illness can benefit from the use of ear acupuncture. This comprehensive book on auricular medicine provides the reader with a bibliography of extensive prolific research done in the field as well as summation on its clinical success.

This book was not designed to be a treatment of disease text or to include or reconcile the various ear maps that have been generated over the years, but rather the ability to think about how to use ear points based upon their traditional Chinese energetics will empower the practitioner to select these 100 simple points in order to help many patients. Familiarity with point locations, contraindications, modalities, and prescription writing, along with the skill to diagnose and differentiate disease, will lead to the successful utilization of auricular medicine for the prevention, diagnosis, prognosis, or the direct treatment of a disease pattern.

In the hundreds of simple and oftentimes emergency treatments that I have administered I have certainly been humbled by the profound power of the ear accessed through the tools of Chinese auricular medicine, often simply through the power of the touch of the human hand to the ear by massaging the points.

Many tools are available to the healthcare practitioner today in any tradition that can be chosen for their curative effect as well as for the comfort that they bestow, but in my experience few rival the unprecedented power of energy encapsulated in the miraculous orifice of the ear that is part of the treatment repertoire of Chinese medicine.

French acupuncturist Paul Nogier wisely said, "Each doctor needs to be convinced of the efficacy of this ear reflex method by personal results that he or she is right. They are indeed fortunate people who can convince themselves simply by noting the improvement of a symptom they themselves have experienced."

So treat with confidence in the short and the long term. Practice with diagnostic acumen and compassion, and gather your own clinical experience, and you will help many people living in suffering and disharmony through the simple treatment of the ear, which continues to play a profound role in culture, medicine, and the healing of the human condition.

Appendix A: Definition of Terms

Ancestral energy: Prenatal *Qi*, *Yuan Qi*, the original *Qi* one acquires from one's parents; genetic inheritance

Auricular chondritis: Infection of the external ear

Blood: The Chinese concept of blood that consists of body fluids (*Jinye*), nutritive *Qi*, and essence of the kidney (*Jing*)

Channels and collaterals: The meridians and the *Luo* vessels, respectively, that run throughout the body and contain *Qi* and Blood

Da Qi: The sensation of the arrival of *Qi* to the needle or point

Endogenous pathogens: The emotions

Essence: *Jing*, a rarefied form of stored *Qi*

Essential substances: The building blocks of life according to Chinese medicine—*Qi*, blood, *Jing*, *Jinye* (body fluids), *Shen*, and *Marrow*

Exogenous pathogens: The external climates or other factors that mimic the external climates, such as Wind, Cold, Damp, Dryness, Heat or Summer Heat, or a combination of these such as Wind–Cold

Fu organs: The six *Yang* or hollow organs

Jiao: Heater, warmer, burning space as in the *Sanjiao*

Jing: Rarefied essence, one of the essential substances

Neijing: The oldest body of Chinese medical literature, about 500 to 300 B.C., also referred to as The Canon of Acupuncture, The Compendium of Acupuncture and Moxibustion, The Yellow Emperor's Classic, and The Classic of Internal Medicine

Organ-meridian complex: The Chinese concept of organ, which is not the literal anatomical organ per se but the entire organ/energetic (physiological/psychological) sphere of function that it encompasses in Oriental medicine including its meridian counterpart

Perichondritis: Deformation of the outer auricle caused by penetration trauma to the auricle by improper ear acupuncture techniques

Phlegm: A secondary pathological product in Oriental medicine, somewhat analogous to phlegm in Western medicine

Qi: Vital energy or life force, the primary physical construct of Oriental medicine that explains most physiological processes

Sanjiao: The Triple Warmer, the three *Jiaos* or sections of the body

The Three Treasures: A particular diagnostic framework referring to *Jing*, *Qi*, and *Shen*

Vascular autonomic sign (VAS): Change in the radial pulse when an active ear point is stimulated

Wei Qi: Protective, defensive *Qi*

Ying Qi: Nutritive energy

Zang: The six *Yin* or solid organs

Zang-fu: The 12 organs in Oriental medicine

Notes: For reader convenience, all Chinese terms are italicized. To distinguish the Western concept of organ from the Chinese concept of organ, the Chinese organ-meridian complex is capitalized.

Appendix B: Suppliers

Helio Medical Supplies, Inc.

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www.HelioMed.com

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Weymouth, MA 02189
Phone: 800-722-8775
Fax: 781-335-6296
www.LhasaMedical.com

Appendix C: Pain Differentiation Chart

Diagnostic Categories of Pain

Pain Category	Pain Characteristics	Clinical Manifestations
Qi Stagnation	<div><div>a. Distention, feeling of oppression, nonspecific location, fluctuating intensity with bloating or fullness</div><div>b. Slight and accompanied by fatigue</div><div>c. Periodic, intermittent, brief</div><div>d. Generalized, diffuse</div><div>e. Numb</div><div>f. Tugging, pulling, taut, occasional twitching</div><div>g. Tight, pinching, pressing</div><div>h. Moves from place to place</div><div>i. Exacerbated by pressure</div><div>j. Colicky</div><div>k. Moderate</div><div>l. Dull, mild, bothersome, nagging, discomforting</div><div>m. Moves slowly</div></div>	Dull headaches, stomachache, backache, abdominal distention, pain in the chest and abdomen due to emotional disturbances, fullness in the hypochondrium
Blood Stagnation	<div><div>a. Moderate</div><div>b. Stabbing, boring, piercing</div><div>c. After childbirth</div><div>d. Gnawing</div><div>e. Severe</div><div>f. Colicky</div><div>g. Heavy, squeezing, crushing, suffocating</div><div>h. Constant, steady, enduring</div><div>i. Exacerbated by pressure</div><div>j. Pricking</div><div>k. Localized with distended or stifling sensation; may be localized swelling or mass, fixed hard pain or painful upon pressure</div></div>	Severe headache, stomachache, appendicitis, hard lumps, lancinating pain around the navel and abdomen, tumors, local fixed palpable masses worse at night

Continued

Pain Category	Pain Characteristics	Clinical Manifestations
Wind (draft)	a. Internal or exogenous wind b. Jumping, shooting c. Wandering, migrating, shifting around fast	Joint pain, rheumatic arthritis, headache
Damp	a. Slight and accompanied by fatigue b. Sensation of heaviness c. Focal, fixed, and heavy d. Increases in humid weather	Heavy, swollen joints, headache, or sinusitis
Phlegm Stagnation	a. Numb b. Swelling and bone deformities c. Exacerbated by pressure d. A mix of Qi and blood stagnation feelings	Chest and substernal pain, headache with nausea, bronchitis
Fluid Stagnation	a. Similar to Phlegm but more watery	Gurgling, swelling
Food Stagnation	a. Exacerbated by pressure b. Feelings of fullness	Stomachache, intestinal fullness, frontal headache, nausea, belching with foul odor, indigestion
Cold Stagnation	a. Cool, cold, freezing b. Cramping, wrenching c. Severe pain d. Pulsing, throbbing, pounding e. Soothed by heat f. Better with movement g. Increases in cold weather h. Relieved by pressure, aching pain	Cold sensations accompanying the pain, such as limb or abdominal pain
Heat Stagnation (Fire)	a. Heat, febrile locally or systemic fever b. Redness and swelling c. Burning, searing, scalding d. Spreading, radiating e. Better with cold f. Worse with movement	Heat and swelling sensations, abscesses, hard lumps

Continued

Pain Category	Pain Characteristics	Clinical Manifestations
Worm Stagnation	<ul style="list-style-type: none"> a. Intermittent “scurrying” or paroxysmal drilling sensation in the umbilical region b. Exacerbated by pressure c. Similar to <i>Qi</i> and blood stagnation 	Vague feelings of uneasiness in the liver, intestines and umbilical region, generalized abdominal pain, rebound pain, some abdominal distention, slight abdominal tenderness on deep pressure
Deficiency	<ul style="list-style-type: none"> a. Sudden onset (although has been developing) b. Gradual onset c. Dull, lingering d. Relieved by pressure, may feel hollow e. Better with rest f. Alleviated by food g. Better with movement (<i>Yang xu</i>) h. Better with lying down i. After childbirth (<i>Yin</i> or Blood <i>xu</i>) j. Tingling (Blood <i>xu</i>) k. Numb (Blood <i>xu</i>) l. Tight, pinching, pressing (sinking <i>Qi</i>) m. Increases in cold weather (<i>Yang xu</i>) n. Usually manifests as <i>yin</i>, <i>Yang</i>, <i>qi</i>, or Blood deficiency 	Feelings of emptiness, hunger, fatigue

Continued

Pain Category	Pain Characteristics	Clinical Manifestations
Excess	<div><div>a. Sudden onset</div><div>b. Acute onset</div><div>c. Sharp</div><div>d. Pathogenic factor, which has lead to an obstruction of the flow of Qi and blood, leading to gaseous pain</div><div>e. Pathogenic factors invading the channels and collaterals in many areas of the body accompanied by soreness and heaviness</div><div>f. Aggravated by food</div><div>g. Better with sitting</div><div>h. Better with movement</div><div>i. Exacerbated by pressure (exogenous pathogens or obstruction of the channels)</div></div>	Pain that lasts a long time, is difficult to relieve; migraines, gallstones

Source: Abbate, Skya, *The Art of Palpatory Diagnosis in Oriental Medicine*, Chapter 18, Harcourt Publishers, London, England, 2001. With permission from Harcourt Publishers.

Appendix D: Forms

Home Care for Your Ear Treatment

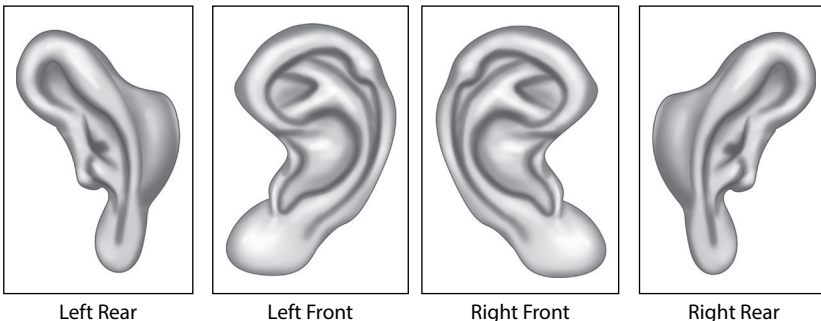
Ear acupressure treatments include the placement of pellets, seeds, or tacks on specific points of the ear that serve to prevent or treat disease or pain. They may be used as an adjunct to regular acupuncture treatments, to enhance and prolong its effects, or as the primary form of treatment. Your ear treatment is an important aspect of your care. In order to ensure optimal results please follow the guidelines detailed below.

1. Press gently and rhythmically on your ear pellet, seed, or tack 3–5 times a day for several seconds. This should cause a mild sensation of heat, distention, heaviness, or soreness. The sensation is a sign that the treatment is working. Do not press for too long as irritation may develop.
2. When bathing, it is important not to get the ear wet. Wrap a towel around your head or use a shower cap that will cover the ear. A cotton ball loosely placed in the ear is also helpful.

All ear therapies should be replaced every 3–5 days. This not only ensures the best results but protects the ear against infection. Simply remove the tape with the attached item. If it does not come out easily or if there is any problem, consult your healthcare provider.

Important note: If the ear therapy becomes too painful, carefully remove the tape and it will come off. If it comes off accidentally, do not attempt to replace it yourself unless you are sure where it goes.

The following diagram shows you the location of your ear therapy. You should have __ (seeds, tacks, pellets) in your ear.



Home Care for Magnet Therapy

Your practitioner has prescribed ____ magnets for you. Wear these for 4–6 hours during the day for as long as prescribed by the practitioner. Remove the magnets if they are in any way uncomfortable. If you have a pacemaker, defibrillator, ear implants, are pregnant, or have any metal implants in your body, you should *not* use magnets, so notify your practitioner. Do *not* wear magnets if you are sensitive to electromagnetism or are an epileptic. Remove ear jewelry when wearing magnets. If your symptoms worsen, remove the magnets. Never wear the magnets to bed, as they may fall off, stick to a different or inappropriate ear point, or fall into the ear canal. Remove magnets before receiving x-rays, MRIs, or other similar diagnostic techniques. Magnets are for single patient use. Do not share magnets with other people.

If you have any questions or problems, please contact your health-care practitioner.

Patient Handout Plan—About Your Visit

For:

Date:

Practitioner:

It was a pleasure for me to assist you today with your healthcare needs. I trust that your experience was helpful and I look forward to participating in your future healthcare.

During your visit we discussed:

- 1.
- 2.
- 3.

Please call if your symptoms do not improve or worsen with this plan of treatment.

Your next appointment is on: _____



FIGURE 1 6-month-old baby; healthy ear.



FIGURE 2 Dangerous acid reflux, intense thirst, bad acid reflux, increased appetite; profuse redness at Stomach point.



FIGURE 3 Appendix removed; crescent line at Appendix point.



FIGURE 4 92-year-old woman's ear; strong constitution, sharp mind, has numerous grooves.

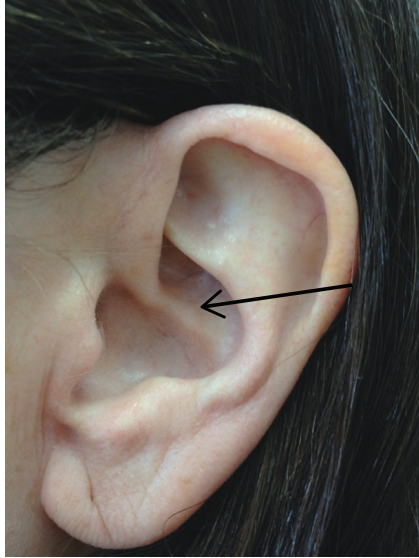


FIGURE 5 Sensitive to damp food, stress, palpitations; Frank's sign, phlegm ridge.



FIGURE 6 Sadness and depression; reddish-purple mark on Heart point and *Shenmen*.



FIGURE 7 Smoker for 22 years; red capillaries in Chest area.



FIGURE 8 Major complaint is constipation; hard Constipation area.

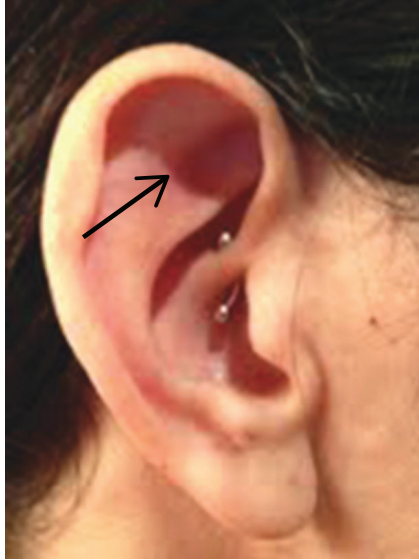


FIGURE 9 Painful periods; red triangular fossa.



FIGURE 10 Blood deficiency; pale.



FIGURE 11 Sciatic pain; vein in Low Back area.



FIGURE 12 Hypothyroidism; thyroid groove.



FIGURE 13 Bronchiectasis and allergies; red capillaries on Chest areas, Ear Apex.



FIGURE 14 Same patient as #13, opposite ear; less pathology in Chest.



FIGURE 15 Sluggishness when eating greasy food; big purple vein through Pancreas/
Gallbladder points.



FIGURE 16 Digestive problems; congenital Duodenal ridge.

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